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Kansas Association For
Family & Community Education

CRAWFORD COUNTY
1997

KAFCE Mission Statement

The mission of the Kansas Association for Family and Community Education is to work with the Cooperative Extension Service to enrich Kansas Families through educational programs, leadership development and community service.

KAFCE Creed

I believe in the principles of the Kansas Association for Family and Community Education which strive to promote a better way of life for all families and communities in making the world a better place in which to live.

Through leadership, may we have pride in our role as volunteer educators, be conscious of the needs of others, and be strengthened by our unity.

--Adopted by the KAFCE Board, 1994

"Building Stronger Families"

PAST HISTORY

1920's	Farm Bureau Women's Clubs
1936	Home Demonstration Units (HDU)
1963	Extension Homemaker Units (EHU)
1992	Family & Community Education (FCE)

- **CHILDREN'S CONCERNS**
  - Family ChoicE TV
- **ENVIRONMENTAL CONCERNS**
  - Recycle, Re-use, Reduce, Respond
- **LITERACY CONCERNS**
  - Book & Bib Project: "Raise A Reader"

1997 FCE COUNTY COUNCIL PRESIDENTS

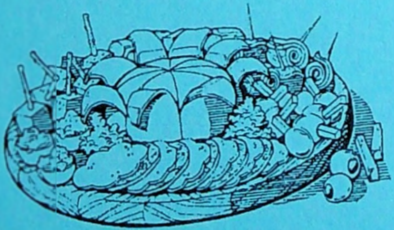
Cherokee Homemakers	Tracy Nunnallee
Jayhawkers	Barbara Egbert
Pleasant Prairie	Luella Robinson
Renaissance	Linda Dunekack
Sliferette	Sharon Giacometti
Social Friends	Juanita Payne
Walnut	Kathy O'Toole

FCE Advisor
Anna Mae Brown
Crawford County Extension Agent
Family and Consumer Sciences

1997 FCE COUNTY COUNCIL REPRESENTATIVES

Cherokee Homemakers	Tracy Nunnallee
	Margery Donald
Jayhawkers	Barbara Egbert
	Martha Parsons
Pleasant Prairie	Rose Black
	Louella Robinson
Renaissance	Linda Dunekack
	Jennine Marrone
Sliferette	Josette Brackett
	Judy Hanson
Social Friends	Harriett Kern
Walnut	Margie DeLange
	Colleen Augustin

FCE
Southeast Area Director
1997 - 1999
Colleen Augustin



Appetizers

CHEESE SPREAD

Debi Southard Rankin

1-8 ounce package cream cheese
1/2 cup crushed pineapple - drained
2 tablespoons salad dressing
crushed pecans, if desired

Beat first 3 ingredients together till well blended. Add nuts, as desired. Keep covered in refrigerator till ready to use. Good with crackers or bread with crusts cut off, for "fancy" sandwiches.

SPINACH ROLLS

Lela Holden - Cherokee Homemakers

2 boxes frozen chopped spinach
1 cup sour cream yogurt
1 cup salad dressing
1/2 jar bacon bits
1 package ranch style dressing
1 package large flour tortillas

Thaw and drain spinach. Mix ingredients and spread thinly on tortillas. Roll up and refrigerate overnight in an air tight container. Slice in 1 inch pieces and serve.
Whole wheat tortillas may be used. - Very good.

DRIED BEEF CHEESE BALL

Lucille Price - Sliferette

2 - 8 ounce packages cream cheese
2 packages dried beef
10 to 12 green onions
6 to 8 radishes
1 tablespoon lemon juice
2 teaspoons worchestershire sauce
1/2 teaspoon garlic salt

Chop onions, radishes and dried beef (fine). Mix with cream cheese until well blended. Blend in lemon juice, worchestershire sauce and garlic salt. Refrigerate over night. Serve with crackers.

PARTY RYES

Kristi Viets

1 pound hot sausage
1 pound ground chuck or hamburger
1 small box Mexican velveeta cheese
1 teaspoon garlic powder
2 tablespoons Tabasco sauce.
1 loaf rye bread or Jewish rye (small party size)

Brown the meats and drain. Add velveeta cheese, garlic powder and tabasco sauce and spread on top of the bread, which are small squares. Place on cookie sheet and bake 10 minutes in 350° oven. Can be frozen for later use.

SALSA

Linda Garrett

20-25 tomatoes (diced)
2-3 bell peppers (chopped without seeds)
1 cup white vinegar
1/3 cup salt
5 medium onions (chopped fine)
9-11 jalapeno peppers (with seed-chopped fine)
3/4 cup sugar
5 cloves fresh garlic (chopped fine)
3 tablespoons chopped chives
36 ounces tomato past

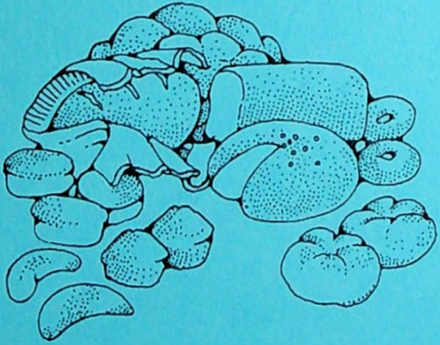
Bring all ingredients to boil, mixing thoroughly. Stir often, reducing temperature. Let simmer about 2 hours. Prepare jars (pint) and put in water bath for 20-25 minutes. This recipe makes a fairly mild sauce. If hotter sauce is desired, all additional jalapeno peppers. Makes 9-12 pints.

TORTILLA PINWHEELS

Lucille Price - Sliferette

8 ounces dairy sour cream
1 package (8 oz.) cream cheese, softened
1 can (4 oz.) diced green chilles, well drained
1 can (4 oz.) chopped black olives, well drained
1 cup grated cheddar cheese
1/2 cup chopped green onion
garlic powder to taste
seasoned salt to tast
1/2 package taco seasoning
5 - 10 inch flour tortillas
fresh parsley for garnish
salsa

Mix all of the filling ingredients together thoroughly. Divide the filling and spread evenly over the tortillas; roll up tortillas. Cover tightly with plastic wrap, twisting ends. Refrigerate for several hours. Unwrap; cut in slices 1/2 inch to 3/4 inch thick. (An electric knife works best.) Discard ends. Lay pinwheels flat on glass serving plate; garnish with parsley. Leave space in center of plate for small bowl of salsa, if desired.
Yield: about 50 pinwheels.



Breads

MAYONNAISE BISCUITS

Imogene Mills - Pleasant Prairie

1 cup self-rising flour
1/2 cup sweet milk
1/4 cup mayonnaise

Mix all ingredients toghether and drop into greased muffin pan. Bake in 400° oven for about 10 minutes.

ZUCCHINI BREAD

Noralee Chadd - Cherokee Homemakers

3 eggs
3/4 cup cooking oil
1 1/2 cups sugar
1 teaspoon salt
1 teaspoon vanilla
3 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 cup chopped nuts
2 cups grated raw zucchini

Cream together eggs, oil, sugar, zucchini and vanilla. Sift together all dry ingredients and blend thoroughly with creamed mixture. Add chopped nuts. Pour into two loaf pans and bake one hour at 325°.

SOUTHERN CORNBREAD

Imagene Mills - Pleasant Prairie

1 cup white cornmeal
1 heaping teaspoon baking powder
1 teaspoon salt
1/2 teaspoon baking soda
2 eggs
1 cup buttermilk
3 tablespoons shortening

Heat oven to 425°. Place iron skillet with shortening in it into the oven while preparing batter. Mix dry indredients. Add eggs and mix well. Blend in buttermilk. Add a little water until batter is of consistency of heavy cream. Take skillet out of oven. Pour hot shortening over the batter and blend. Immediately pour batter back into hot skillet and bake 25 to 30 minutes. Serve hot with butter.

BROWN BREAD

Edith Martin - Pleasant Prairie

1 1/2 cups raisins
1 1/2 cups water
1 cup sugar
1 tablespoon crisco
1 egg
3 cups flour
1/2 teaspoon salt
2 teaspoons soda
1 teaspoon vanilla

Cook raisins in water until plumped. Cream together crisco and sugar. Beat in egg and cooled raisins. Sift dry ingredients and mix. Stir in vanilla. Pour into 4 No. 2 greased cans. Bake in 350° oven.

HOBO BREAD
Mildred Colles - Pleasant Prairie

Grease and flour 2-1 pound coffee cans.

Mix, cover and set overnight: 1 cup raisins
1 tablespoon oleo
1 teaspoon soda
1 cup boiling water
Mix well with above ingredients: 1 cup sugar
1 egg
2 cups flour
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 cup nuts

Cut mixture in half and place in prepared pans. Bake 1 hour at 350°. Cool 20 minutes before removing from cans.

BASIC SWEET MUFFINS
Colleen Augustin - Walnut

- 1 3/4 cups sifted flour
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup butter or margarine
- 1 egg, beaten
- 3/4 cup milk

Sift together flour, sugar, baking powder and salt into bowl. Cut in butter with pastry blender or two knives until mixture resembles cornmeal. Combine egg and milk. Add to dry mixture, stirring just enough to moisten. Spoon batter into greased 3" muffin pan cups, filling 2/3 full. Bake in 400° oven for 20 minutes until done. Makes 12.

PINEAPPLE MUFFINS

Judy Hanson - Sliferette

1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup skim milk
2 eggs or 3 egg whites
2 tablespoons vegetable oil
1 can (8 ounces) crushed pineapple (drained)

Glaze:

10-12 packets Equal
1/4 teaspoon cinnamon
3 tablespoons boiling water

Spray 12-cup muffin tin with non-stick cooking spray. Combine dry ingredients - mix well. Add milk, eggs, oil and pineapple. Mix well until dry ingredients are thoroughly moistened. Spoon into muffin cups 3/4 full with batter. Bake in preheated 400° oven for 22-25 minutes or until golden brown. Remove from oven and prick muffin tops in center with fork. Blend glaze ingredients and drizzle evenly over muffins. Remove to wire cooling rack.

Calories per muffin - 111
Diabetic exchange: 1 starch, 1/2 fat

REFRIGERATOR CINNAMON ROLLS

Colleen Augustin - Walnut

- 3/4 cup hot water
- 1/2 cup sugar
- 1 teaspoon salt (optional)
- 1 tablespoon margarine
- 1 cup warm water
- 2 packages or cakes of yeast
- 1 egg, beaten
- 5 1/4 cups flour

Mix together hot water, sugar, salt and butter till dissolves. Add warm water (make sure temperature is right), then add yeast. Stir until dissolved. Add beaten egg. Then use mixer and add flour a little at a time until it puts too much strain on the motor. Finish kneading the dough by hand until it is the right consistency. Put in the refrigerator over night. (Does not need to be refrigerated if used immediately). Let rise until double in bulk. Work down. Roll out thin, spread liberally with butter, brown sugar and cinnamon. Roll, cut, put in pan that has been spread liberally with brown sugar, cinnamon and butter. Bake at 375° for 15-20 minutes.
May also be made into loaves.

BANANA OATMEAL BREAD

Margery Donald - Cherokee Homemakers

1/2 cup oil
1 cup sugar
2 eggs
3 small mashed ripe bananas
1 teaspoon vanilla
1 cup flour
1 teaspoon baking soda
1/4 teaspoon salt
1 cup oatmeal
1/2 cup nuts, chopped
1/4 cup mini chocolate chips

Beat together well the first 5 ingredients. Add the flour, soda and salt to first mixture. When well blended, add the oatmeal, nuts, and chocolate chips. Pour into a greased 9 X 5 X 3 loaf pan or 12 muffin tins.
Bake at 350° - 1 hour for loaf or 15-20 minutes for muffins.

SWEDISH CARDAMON BREAD

Lura Patrick - Renaissance

1/4 cup butter
2 1/2 cups scalded milk
2 packages dry yeast
2 1/2 cups flour
2 eggs, beaten
3/4 cup sugar
1 teaspoon salt

1 teaspoon cardamon
4 cups flour

Glaze: 1/2 cup powdered sugar
1/4 cup half & half, milk or strong coffee
(can add some vanilla sugar, if you have any)

Scald milk, add butter. Cool to lukewarm (110°). Stir in yeast and add flour (2 1/2 cups) - beat until smooth. Let stand 1/2 hour or until it starts to bubble. Beat in eggs, sugar, salt and cardamon. Blend in about 4 cups flour. Knead well. Let rise, covered until double. Make 2 braids or rolls. Place on greased baking sheet or on parchment paper. Let rise, covered, until tripled. Bake at 350° about 40 minutes. Mix glaze and brush on while bread is still warm.

BANANA BREAD

Alice Davied - EFNEP Office Secretary

1 cup sugar
1 egg
1 stick oleo
1 cup mashed bananas
2 tablespoons milk
1/2 teaspoon soda
2 teaspoons baking powder
2 cups flour
1 teaspoon vanilla
1 cup nuts
    (I use black walnuts)

Cream together sugar, egg and oleo. Mash bananas in bowl, add milk. Stir into this the soda and baking powder. Add to the first mixture. Add flour, vanilla and nuts. Bake in greased 9 X 5 X 3 inch pan in 350° oven for 45 minutes or until done.

CRAN-BANANA READ

Margaret Southard - Social Friends

1 - 15.6 ounce package cranberry bread mix
1 cup water
1 lightly beaten egg
3/4 cup regular oats
2/3 cup mashed rip bananas
3/4 cup sifted powder sugar
1 to 2 tablespoons orange juice

Lightly grease 9 X 5 loaf pan. In large mixing bowl, stir together cranberry bread mix, water, egg, oats and bananas till combined. (Don't add oil as stated on mix package). Pour batter for bread into pan. Bake at 350° for 55-60 minutes or until toothpick inserted in center comes out clean. Cool and store overnight for slicing. Combine powdered sugar and enough orange juice for thin icing. Cover and store in refrigerator. Makes 1 loaf.

BANANA OATMEAL MUFFINS

Kathy O'Toole - Walnut

1 large banana - mashed
1 egg
1/2 cup sugar
1/4 cup milk
1/4 cup oil
1 teaspoon vanilla
1 cup flour
1 cup quick oats
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Combine banana, egg, sugar, milk, oil and vanilla. Mix until well mixed. Add dry ingredients and mix. Grease muffin tin or use cupcake papers. Fill about 3/4 full. Makes 12 muffins. Bake for 12-15 minutes or until done.

IRISH SODA BREAD

Margaret Beeson - Crawford County Expanded Family Nutrition Education Program

1 cup flour
1-3 tablespoons sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons butter or margarine
2 tablespoons raisins (optional)

1/2 cup buttermilk

additional flour for kneading

Cinnamon-sugar mixture

1. Grease baking sheet.
2. In a medium-sized bowl, stir together flour, sugar, baking powder, baking soda, and salt.
3. Cut butter into flour mixture to make fine crumbs.
4. Stir in the raisins and buttermilk to make a stiff dough
5. Turn dough out onto a floured board and knead (5) five times.
6. Shape dough into a ball. Cut an "X" on the top of the loaf and place it on the baking sheet. Sprinkle cinnamon-sugar in the cut "X".
7. Bake 20-25 minutes or until golden brown.

* for St. Patrick's Day, I like to put green food coloring in when I add the buttermilk.

BANANA-BRAN MUFFINS

Jean Jack - Sliferette

1 1/2 cups bran cereal (All-Bran, not flakes)
1 1/2 cups flour
3/4 cups brown sugar
1 tablespoon baking powder
1 1/2 teaspoons cinnamon
dash salt
1/2 cup salad oil
2 eggs
2 ripe bananas, mashed
1/2 cup sliced almonds
1 cup low-fat milk

Place 2 paper baking cups in each of 12 6 ounce custard cups. In large bowl, combine cereal and next 5 ingredients. In 1-quart glass measure, combine milk, oil, eggs, and bananas. Stir milk mixture into cereal mixture just until combined. Spoon into cups, filling to top of paper cups. Sprinkle with almonds. Arrange 6 cups in circle around edge of microwave oven. Cook on high 4 1/2 to 6 minutes, rearranging and rotating cups half way through cooking. Let stand 5 minutes. (Edges may appear moist at end of cooking time, but will dry during stand time.) Repeat with remaining 6 muffins. Batter may be made ahead of time and refrigerated. Stir batter gently before using. Use exactly 1/3 cup batter for each muffin. Bake one for 45 seconds to 1 1/2 minutes; bake two for 1 minute 15 seconds to 2 minutes.

CINNAMON SWIRL QUICK BREAD

Linda Garrett

- 1/2 cup Crisco
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 cup sour cream
- 1/4 cup milk
- 2 cups flour (sifted)
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup sugar
- 2 teaspoons cinnamon
- 1 1/2 teapoons finely shredded orange peel (opt.)

Cream Crisco and 1 cup sugar until light and fluffy. Beat in eggs and vanilla. Blend in sour cream and milk. Combine flour, baking powder, soda and salt; add to creamed mixture. Mix well. Spread 1/2 of the batter into a greased 9 X 5 X 3 inch loaf pan. Combine remaining 1/2 cup sugar, cinnamon and orange peel. Sprinkle all but 1 tablespoon over batter in loaf pan. Top with remaining batter. Cut remaining sugar, cinnamon and orange peel through batter with knife to make swirling effect. Bake in 350° oven for 45-50 minutes.

APRICOT BREAD

Bette Scammell - Social Friends

11 ounces dried apricots
3/4 cup sugar
3/4 cup warm water
2 cups sugar, additional
2 eggs
4 tablespoons butter
1/2 cup apricot juice
1 cup orange juice
4 cups flour
1 teaspoon salt
4 teaspoons baking powder
1/2 teaspoon baking soda
1 cup chopped nuts

Chop apricots. Mix apricots, sugar and warm water. Soak overnight. Drain off water and save. Mix 2 cups sugar, 2 eggs, and 4 tablespoons butter. Stir in apricot juice and orange juice. Sift together flour, salt, baking powder and baking soda. Add to juice mixture. Grease and flour 4 - 3 X 7 inch load pans. (Round cans can be substituted). Bake at 350° for 1 hour.

WHOLE WHEAT QUICK BREAD

Andrea Taylor - Bourbon County Expanded Family Nutrition Education Program

2 cups whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 beaten egg
1 3/4 cups buttermilk
1/4 cup honey
1/2 cup margarine, melted
1/2 cup chopped walnuts, optional
1/2 cup raisins

In mixing bowl, stir together whole wheat flour, baking powder, baking soda and salt. Combine beaten eggs, buttermilk, honey and margarine. Add to dry ingredients; stir just until moistened. Fold in walnuts and raisins. Turn into greased 9 X 5 X 3 inch loaf pan. Bake at 350° until done, about 55-60 minutes. Remove from pan; cool on rack. Makes 1 loaf.

Soups and Salads

BROCCOLI AND CAULIFLOWER SALAD

Margery Donald - Cherokee Homemakers

- 1 head cauliflower
- 1 small bunch fresh broccoli
- 1/2 cup mayonnaise
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon salad mustard
- 1/3 cup vinegar
- 1/3 cup oil
- 1 tablespoon chopped onion

Chop cauliflower and broccoli. Mix rest of ingredients and add to the chopped cauliflower and broccoli. Refrigerate overnight.

FRUIT SALAD

Donna Brown - Crawford County Extension Secretary

- 1 large can cherry pie filling
- 1-20 ounce can pineapple tidbits
- 2-11 ounce cans Mandarin oranges
- 1-29 ounce can sliced peaches, cut
- 2 large bananas, sliced

Drain pineapple, oranges and peaches. Mix together. Pour pie filling over fruit. Mix together. Chill. Add bananas, just before serving.

THE SHOWER SALAD

Judy Hanson - Sliferette

In 1/4 cup oleo - brown:

- 1 package slivered almonds
- 2 packages Ramen noodles - crumbled up (don't use flavoring)
- 2 tablespoons sesame seeds

Sauce - Boil for 1 minute and then let cool:

- 1/2 cup sugar
- 1/4 cup water
- 1/2 cup vegetable oil
- 2 tablespoons soy sauce
- 1/4 cup rice (wine) vinegar

Chop up leaves and stalks of 1 bunch napa cabbage and 1 bunch green onions.

Broil 3 or 4 chicken breasts or shrimp.

Mix all ingredients - chill and serve.

BOW TIES with TOMATO CREAM

Charlotte Burgess - Crawford County EFNEP

1 - 16 ounce bow tie pasta
1 - 14 1/2 to 16 1/2 ounce can crushed Italian Tomatoes
1/2 cup heavy whipping cream
1/2 cup milk
4 teaspoons tomato paste
1/2 teaspoon crushed red pepper
1 cup frozen peas - thawed
salt and pepper to taste
Basil

Cook pasta according to package directions. Drain. In medium saucepan combine tomatoes, whipping cream, milk, tomato paste and crushed red pepper. Bring to a slow boil, then simmer for 5 minutes. Add peas and cook 5 minutes more. Combine pasta and sauce. Salt and pepper to taste. Sprinkle with basil.

CALICO SALAD

Margie DeLange - Walnut

1 -16 ounce package frozen mixed vegetables
1 small package frozen lima beans
1/4 cup chopped onion
1/2 cup chopped celery
1 small can black pitted olives, sliced
1 package Hidden Valley mix, dry
1 cup mayonnaise

Cook frozen vegetables and drain thoroughly. Let cool. Add the remaining ingredients and marinate overnight.

CHOICE SALAD

Harriett Kern - Social Friends

1 large can pineapple tidbits, drained
8 ounces cheddar cheese, cubed
1 cup miniature marshmallows
1 cup pecans
1 cup pineapple juice (add water for 1 cup)
1 tablespoon corn starch
1/2 cup sugar
2 eggs, beaten

Mix together tidbits, cheese, marshmallows and pecans. Heat juice, corn starch and sugar. Add eggs and cook until thick. Cool slightly, then pour over other ingredients while warm. Stir.

SPAGHETTI SALAD

Donna Munden

10-16 ounces spaghetti (preferably thin spaghetti)
1/2 cup sweet pickle relish
2 garlic buds, chopped
1 teaspoon caraway seeds
1 tablespoon poppy seeds
2 tablespoons parsley flakes
2 stalks celery, chopped
1 bunch green onions, tops and all
1 - 8 ounce bottle Italian salad dressing

Cook spaghetti. Drain and rinse in cold water. Mix relish, spices, celery and green onion together. Pour Italian salad dressing over all ingredients and chill a few hours or overnight. Keeps well.

EDITH'S REFRIGERATOR SLAW

Noralee Chadd - Cherokee Homemakers

1 large head cabbage
1 large onion
1 large green pepper
1 cup sugar

1 cup vinegar
3/4 cup oil
3 tablespoons sugar
1 tablespoon celery seed
1 teaspoon salt

Chop cabbage, onions and green peppers; add sugar and set aside. Mix together vinegar, oil, sugar, celery seed and salt in a pan; bring to a boil and pour over cabbage mixture. Let cool, then refrigerate. Will keep for several days.

FROSTED CRANBERRY SALAD

Pat Lair - Crawford County Expanded Family Nutrition Education Program

1 large can pineapple
1 large box sugarfree cherry Jello
1 - 8 ounce package fat-free cream cheese
1 can cranberry sauce
2 envelopes Dream Whip for topping
1/2 cup nuts

Drain pineapple reserving liquid. Add water to juice to make 1 cup. Heat liquid to boiling. Dissolve Jello in hot liquid. Add cranberry sauce to hot liquid and mix well. Add 8 ice cubes and stir until thickened. Mix in chopped nuts and pineapple. Pour into 9 X 13 inch pan. Chill. Prepare Dream Whip according to directions. Blend in cream cheese that has been well softened. Whip until smooth. Spread over chilled jello mixture. Sprinkle with nuts on top.

TACO SALAD

Marsha Sands

1 pound ground beef
1 package taco seasoning
chopped onion
1 can red kidney beans, drain and rinse
1 package shredded mild cheddar cheese
lettuce
1 bag restaurant style tostitos
1 bottle catalina dressing

Brown ground beef and add taco seasoning. Chop up onion - add to ground beef. Let cool. Drain and rinse kidney beans. Add beans and cheese to taco meat after it has cooled. When you are ready to serve chop lettuce and crunch up tostitos and add to meat mixture. Then pour on catalina dressing and toss well.

FRESH SPINACH SALAD

Velda Lehman - Sliferette

10 ounces fresh spinach
1/2 pound crisp bacon, chopped
6 hard boiled eggs
diced onions

Dressing ingredients: 2 tablespoons catsup
1 1/2 cup mayonnaise
1/4 cup milk
2 tablespoons vinegar
3 teaspoons salad oil
1/2 cup sugar

Clean spinach. Mix all dressing ingredients. Pour 1/2 dressing over spinach, eggs and onions. Top with bacon. Save other half of dressing for next time.

BROCCOLI SOUP SUPREME

Bertie Burnett - Pleasant Prairie

1 - 10 ounce package broccoli (fresh or frozen) chopped
1 cup chicken broth
2 tablespoons instant minced onion (you can use fresh onion)
1 teaspoon nutmeg
1 - 10 1/2 ounce cream of mushroom soup
1 tablespoon butter
1 cup dairy sour cream (sometimes, I omit the sour cream and use milk and more butter)

In a sauce pan combine broccoli, broth, onions & nutmeg. Bring to a boil. Cover and simmer 5 minutes. Add mushroom soup & butter. Blend on high until smooth, about 1 1/2 minutes. Add sour cream and blend again for 20 seconds. Serve hot or cold. Serves 4.

SPLIT PEA SOUP

Bertie Burnett - Pleasant Prairie

1 1/2 cups dried split peas
3 quarts water
hambone or 1 cup ham scraps
1 large onion - chopped
3 stalks celery - chopped
2 carrots - grated

Cover peas and ham with water and cook slowly over medium heat for about 2 hours. Stir often enough to keep peas from sticking to bottom of pan. Add remaining ingredients. Season to taste (salt, pepper, cumin & oregano). Continue cooking about 40 minutes or until vegetables are tender. Serves 8.

COTTAGE CHEESE - ORANGE SALAD

Millie Boggs - Pleasant Prairie

1 large carton cottage cheese (drain well)
1 can crushed pineapple (drain well)
2 cans mandarin oranges (drained)
1 carton cool whip
1 - 3 ounce box orange Jello

Fold jello (dry) into cottage cheese. Stir well to dissolve Jello. Fold in drained fruit. Fold in cool whip. Put in casserole dish & chill. Serve

CALIFORNIA GOLD

Judy Hanson - Sliferette

1 - 20 ounce bag frozen California vegetable mix
8 ounces Velvetta (cubed)
1 can mushroom soup - mixed with 1/2 cup milk
1 - 8 ounce pkg. Seasoned Croutons
(Pepperidge Farms)

1 stick oleo

Layer ingredients in the order given in greased 2 quart casserole. Bake covered for 1 1/2 hours in a 350° oven.

GERMAN POTATO SALAD

Colleen Augustin - Walnut

- 5 pounds potatoes
- 2 medium onions
- 1/2 cup vinegar
- 1/2 cup vegetable oil
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon celery seed
- 1/2 cup sweet pickle juice

Boil potatoes with skins until done. Cool then peel off skins. Dice potatoes and put in a bowl. Dice onions in small pieces and add to the potatoes. Put vinegar, oil, sugar, salt, pepper and celery seed into a pan and heat. Pour this mixture over the potatoes, then add sweet pickle juice and stir. Best if this marinates in the refrigerator overnight.

ITALIAN VEGETABLE SOUP

Josette Brackett - Slifferette

- 1 pound ground beef
- 1 cup diced onion
- 1 cup sliced celery
- 1 cup sliced carrots
- 2 cloves garlic, minced
- 1 (16 ounce) can tomatoes
- 1 (8 oz.) can tomato sauce
- 1 (15 oz.) can kidney beans
- 5 cups water
- 3 teaspoons or cubes beef bouillon
- 1 tablespoon dried parsley
- 1 teaspoon salt
- 1/2 teaspoon oregano
- 1/2 teaspoon sweet basil
- 1/4 teaspoon pepper
- 2 cups shredded cabbage
- 1 cup cut green beans
- 1/2 cup small elbow macaroni
- Parmesan cheese

Brown meat in heavy large pan. Drain. Add all ingredients, except cabbage, beans, and macaroni. Bring to boil, lower heat and simmer 20 minutes. Add cabbage, beans, and macaroni; simmer until tender. Sprinkle on cheese before serving.

COLBY FIESTA SALAD

Mary Jane Gouvion

6 - 6 inch diameter flour tortillas
2 tablespoons melted oleo
1 pound hamburger
1 package 1 1/4 ounce taco seasoning mix
3/4 cup water
2 cups shredded iceberg lettuce
1 - 15 ounce can garbanzo beans, rinsed and drained
1 large tomato, chopped
1 medium onion, sliced into rings
1/2 cup pitted sliced ripe olives
1 cup evaporated milk
2 cups (8 ounces) shredded colby cheese
chopped jalapeno peppers, if desired

Brush tortillas lightly with oleo and place in 350° oven for minutes in round pie plate.
Brown hamburger in skillet until crumbly; drain off excess drippings. Add seasoning mix and water to drained hamburger and simmer uncovered for 10 minutes. Meanwhile sprinkle lettuce over tortillas. Combine beef mixture, beans, tomatoes, onions and olives. Spoon over lettuce. Heat evaporated milk in medium saucepan until bubbles form around edges. Reduce heat to low and stir in cheese until melted. Add peppers, if desired. Pour over ground meat mixture. Carefully lift out tortillas and topping and serve. 6 servings.

CHERRY SOUP - SWEDISH

Lura Patrick - Renaissance

4 cups cherries (pitted)
2 quarts cold water
1/2 cup sugar (or to taste)
4 tablespoons cornstarch or potato flour

Place cherries, water and sugar in large saucepan. Bring to boil, then simmer for about 30 minutes. Mix cornstarch with 1/4 cup cold water and stir into cherry mixture. Continue stirring until mixture is slightly thickened. This can be served hot or cold. If cold, a dollop of whipped cream on top is good. Serves 6.

BAKED POTATO SOUP

Linda Frihart - Renaissance Former Member

2 pounds hash browns (thawed)
1 pint skim milk
1/2 cup melted butter
1 can cream of chicken soup
2 cups shredded cheddar cheese, for garnish
1/2 cup chopped green onions
bacon, fried and crumbled
salt and pepper to taste

Cook hash browns in microwave in 3 batches for 3 minutes each. Saute onion in butter. Add soup, milk and potatoes. Heat gently until hot. Serve with garnishes of cheese, bacon, green onions. Add 1 teaspoon caraway seeds for extra zip. This is a thick soup which can be thinned with milk.

LAYERED JELLO SALAD

Martha Parsons - McCune Jayhawkers & Tammie Southard

1st layer: black cherry Jello - water base
2nd layer: cherry Jello - milk base
3rd layer: lime Jello - water base
4th layer: lemon Jello - milk base
5th layer: orange Jello - water base
6th layer: apricot Jello - milk base
7th layer: strawberry Jello - water base

Water base: 3/4 cup boiling water
3/4 cup cold water

Milk base: 3/4 cup boiling water
1/4 cup cold water
1/2 cup cold evaporated milk

Let each layer set before adding next layer. Put dish in refrigerator before starting. Will go faster as you get started. Cut in 2-2 1/2 inch squares to serve.

GELATIN VEGETABLE SALAD

Martha Price - Extension Service Staff

1 envelope plain gelatin
1/2 cup cold water
1/4 cup sugar
dash salt
3 tablespoons ice water
1 tablespoon vinegar
2 teaspoons lemon juice

1/3 cup salad dressing
1/2 cup shredded cabbage
1/2 cup diced celery
1 grated carrot
1/4 cup diced green pepper

Sprinkle gelatin over cold water. Place over low heat and stir for 3 minutes. Remove from heat and add sugar, salt and ice water. Stir. Blend vinegar, lemon juice and salad dressing. Combine to gelatin mixture and chill until mounding stage. Add vegetables and chill to mold. A good keeper. Can be frozen.

ORANGE TAPIOCA JELLO SALAD

Martha Parsons - McCune Jayhawkers

1 small box orange Jello
2 small boxes tapioca pudding

Mix with 3 cups boiling water.
Let cool until it thickens

Add:
1 - 8 ounce Cool Whip
1 small can Mandarin oranges - drained
1 small can crushed pineapple - drained

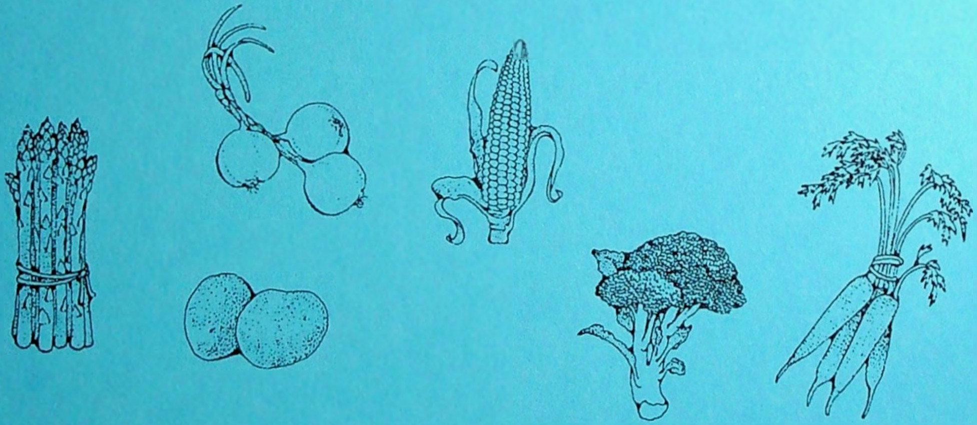
Mix together and let set. Could also add miniature marshmallows.

BEAN SALAD

Pauline Bradshaw - Pleasant Prairie

1 1/2 cups sugar
1 cup vinegar
1 cup salad oil
2 tablespoons water
1 small can green beans
1 small can peas
2 bunches green onions
1 can pimentos
1 mango
1 cup chopped celery

Mix together and let stand 1 hour. Drain and serve. It keeps for days.



Vegetables

CABBAGE CASSEROLE

Martha Parsons - McCune Jayhawkers

1 large cabbage (shredded) - 12 cups
1 onion
6 tablespoons butter - divided
1 can cream of mushroom soup
8 ounces American cheese
salt & pepper
1/4 cup dry bread crumbs

Cook cabbage in boiling salt water till tender. Drain thoroughly. In skillet saute onion in 5 tablespoons butter. Add soup and mix well. Add cheese. Heat till melted. Remove from heat. Stir in cabbage, salt & pepper. Place in 2 quart casserole dish. Melt 1 tablespoon butter and stir in bread crumbs. Sprinkle on top and bake uncovered at 350° for 20-30 minutes.

SWEET and SOUR CARROTS

Arlene Shaw - Pleasant Prairie

2 pounds carrots - sliced & cooked
1 green pepper - diced
1 bunch green onions - diced
3/4 cup wine vinegar
1 cup sugar
1 can tomato soup - undiluted
1/2 cup oil
1 teaspoon dry mustard

Drain cooked carrots, add green pepper and onions. Cover and steam while preparing the sauce. Combine vinegar, sugar, tomato soup, oil and dry mustard in pan. Heat until almost boiling. Pour over carrots, pepper, and onion. Let stand at least 2 days before serving.

BARBECUE GREEN BEANS

Lisa Strukel

4 slices bacon
1 medium onion, chopped
2 - 16 ounce cans greenbeans, drained
1 - 10 1/2 ounce can tomato soup
2 teaspoons brown sugar
2 teaspoons barbecue sauce
salt & pepper to taste

Fry bacon, add onion and cook until lightly browned. Add remaining ingredients. Mix and pour into greased 1 1/2 quart casserole dish. Bake at 350° for 30-45 minutes.

SEASONED POTATOES

Jodi Esposito

6 to 8 medium potatoes
1/3 cup oil
1 package onion soup mix

Wash and cube potatoes. The smaller the size, the faster it cooks. Place oil and onion soup mix in a large zip-lock baggie. Add potatoes and shake, coating potatoes. Pour into a pam sprayed cake pan. Cover with foil and bake in 350° oven for 45 minutes or until potatoes are cooked.

GREEN BEAN CORN CASSEROLE

Margie DeLange - Walnut

Assemble the following layers (in order) in a 9 X 13 pan.

Layer 1: 1 can French style green beans - drained
Layer 2: 1 can white shoe peg corn - drained
Layer 3: Mix together and spread over vegetable - 1 can sliced chestnuts
1 cup grated sharp cheese
1/2 cup chopped onion
1 carton sour cream
1 can celery soup
Layer 4: Combine 1 stick oleo with 1 stack crushed Ritz crackers. Spread over top of casserole.

Bake at 400° for 40 minutes. This can be made ahead of time and frozen.

CORN PUDDING

Mrs. Marie Albertini - Pleasant Prairie

- 4 eggs
- 1 cup milk
- 1 can cream style corn (15 oz.)
- 1/2 cup sugar
- 5 slices day old bread (remove crust)
- 1 tablespoon butter

In bowl, beat eggs and milk. Add corn and sugar, mix well. Cut bread in cubes and place in a greased 9 inch square pan. Pour mixture over bread. Dot with butter. Bake uncovered at 350° for 50-60 minutes or until knife inserted near the center comes out clean.

ORANGE FLAVORED SWEET POTATOES

Pauline Bradshaw - Pleasant Prairie

- 16 ounce can sweet potatoes
- 1 tablespoon oleo
- dash of salt
- 1 small package orange gelatin
- 1 cup water
- 1/4 cup brown sugar

Bring water to a boil. Stir in gelatin, brown sugar, & salt until dissolved. Add oleo and bring to a boil, stirring constantly. Add sweet potatoes and cook on low heat, stirring gently while spooning sauce over the sweet potatoes until the sauce thickens.

SWEET POTATO BALLS

Millie Boggs - Pleasant Prairie

4 large sweet potatoes
2/3 cup packed brown sugar (packed)
1 teaspoon grated orange rind
4 to 6 tablespoons orange juice
8 to 10 large marshmallows
2 cups coconut - toasted light brown

Peel sweet potatoes - cut up - cook until tender - mash. Measure out 4 cups. Stir in brown sugar, orange rind, orange juice, and a little salt. Shape 1/2 cup of mixture around a marshmallow into a ball and roll in coconut. Place in 9 X 13 baking dish and bake at 350° for 15 minutes.

These can be made ahead of time and frozen unbaked, if desired. Bake when ready to serve.

CORN CASSEROLE

Edith Martin - Pleasant Prairie

1 can cream corn
1 can whole kernel corn
1 cube oleo (cut in little pieces)
1 cup macaroni (uncooked)

Mix all ingredients together. Bake in casserole dish at 350° for 1 hour.

EGGPLANT CASSEROLE

Pauline Bradshaw - Pleasant Prairie

2 pounds eggplant
1 quart bread crumbs
1/2 cup evaporated milk
6 ounces onions (chopped)
2 1/2 ounces pimento (chopped)
3 ounces butter
1 tablespoon salt
1 teaspoon pepper
3 beaten eggs
1/2 teaspoon sage

Soak peeled and cubed eggplant in salt water overnight. Steam 30 minutes. Soak crumbs in milk and mix with eggplant. Add eggs, pimento and seasonings. Mix well by hand. Put in casserole and top with any kind of grated cheese. Bake at 350° for 1 hour.

CELERY and CHESTNUT CASSEROLE

Juanita Payne - Social Friends

5 cups celery - 1 inch slices
boiling water
salt
1 can cream chicken soup
1/4 cup pimento (diced)
1/2 cup bread crumbs
1/4 cup slivered almonds
2 tablespoons oleo (melted)

Cook celery until tender in boiling water - about 8 minutes. Drain. Mix all ingredients. Put into 9 inch square pan. Bake in 350° oven 35-40 minutes until bubbly. Makes 6 servings.

5 - BEAN BAKE

Melba Taylor - Social Friends

8 slices bacon, fried and crumbles
4 large onions, sliced
1 cup brown sugar
1/2 teaspoon garlic powder
1/2 cup vinegar
1 teaspoon dry mustard

1 can lima beans
1 can butter beans
1 can green beans
1 can kidney beans
1 can baked beans

Set fried bacon aside. Put onion rings, brown sugar, vinegar and seasonings in pan with bacon grease. Cover and cook 20 minutes. Drain liquid from beans. Add baked beans and combine with cooked onions. Cook 1 hour in crock pot on high and sprinkle bacon on top.

Main Dishes

LASAGNA

Sharon Giacometti - Sliferette

- 1 1/2 pounds ground beef
- 1 large onion
- 1 minced garlic clove
- 1 - 2 pound 3 ounce can tomatoes
- 1-6 ounce can tomato paste
- 1/2 teaspoon sugar
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 2 tablespoons chopped parsley
- 1/2 pound mozzarella cheese
- 12 ounces lasagna noodles
- 1 pound ricotta or cream cottage cheese
- 2 beaten eggs
- 1/2 cup grated Parmesan cheese

Brown meat. Drain. Add onion and garlic, then tomatoes and paste. Simmer covered 45 minutes. Season and simmer 20 minutes. Grate mozzarella. Combine ricotta and eggs. Cook noodles in boiling, salted water with 1 tablespoon oil added. Stir often. Drain and drape over colander to separate. Layer noodles, tomato sauce, ricotta, mozzarella 3 times. Sprinkle with Parmesan cheese. Bake uncovered in 350° oven for 25-30 minutes. May be frozen for later use.

TATER-DIPPED OVEN FRIED CHICKEN

Shirley Wright - Renaissance

3 pounds chicken thighs or legs
instant potato flakes for 4 servings
2 tablespoons grated Parmesan cheese
1 tablespoon seasoned salt
1 egg, beaten
1/4 cup margarine

Preheat oven to 400°. In shallow dish mix potato flakes, cheese, seasoned salt and dash of pepper. Combine egg with 1/4 cup water. Dip chicken in egg mixture and ten roll in potato flake mixture. Set on rack to dry a minute or two. In large shallow roasting pan, melt margarine in oven. Arrange chicken in pan. Bake 1 hour, turning once until brown and fork tender.

CROCKPOT BEEF ROAST

Donna Brown - Crawford County
Extension Secretary

beef roast
carrots
potatoes
cabbage
onions

sliced mushrooms
cream of mushroom soup
golden mushroom soup
cream of celery soup

Brown roast in skillet. Put carrots in bottom of crockpot. Place browned roast in crockpot. Add remaining ingredients. Cook in large crockpot on low setting. Prepare in the morning and ready to serve for evening meal.

PARTY PIZZA

Sharon Giacometti - Sliferette

1 pound ground beef
1 pound Rice's hot sausage
1 pound Velvetta cheese, melted
dash onion salt
dash garlic salt
2 teaspoons Worcestershire sauce
2 loaves Pepperridge Farm party rye brown bread

Cook ground beef and sausage. Add melted cheese. Drain grease if needed. Put on bread. Season and add Worcestershire sauce. Bake 10-15 minutes. May freeze.

CRESCENT CHICKEN or TURKEY

Sharon Giacometti - Sliferette

chicken
2 cans crescent rolls (16)
sharp cheddar cheese
1 can cream of chicken soup
1 can milk

Boil chicken or turkey until tender. Remove skin and bones. Break into pieces. Separate 2 cans crescent rolls. Lay 2-3 pieces chicken or turkey and 1 piece of sharp cheddar cheese at wide end of each roll. Roll up crescent roll and place in 9 X 13 inch greased baking dish. Bake for 10 minutes at 350°. Mix 1 can of cream of chicken soup with 1 can of milk. Heat mixture; then pour over rolls. Return to oven and bake for about 30 minutes.

CHEESE EGG BAKE

Noralee Chadd - Cherokee Homemakers

few slices of bread
1/2 pound mozzarella cheese, shredded
1/2 pound cheddar cheese, shredded
6-9 eggs
small can mushrooms
1 pound bacon, sausage or cubed ham
3 cups milk
1/2 teaspoon salt
green peppers
onion

Trim crust off bread to cover the bottom of a buttered 9 X 13 inch baking dish. Put in bread and cover with cheese. Sprinkle the cooked meat over the cheese. Beat eggs, milk and salt together and pour over all. Cover and refrigerate overnight. Before baking, add mushrooms, green peppers and onions, if desired. Bake uncovered for 45 minutes or until knife comes clean when inserted in center of pan. Remove and let stand a few minutes before cutting.

CHICKEN CASSEROLE

Nancy DeLange - Walnut

meat from 1 chicken
2 cups raw curly macaroni
2 cans cream of chicken soup
1 small chopped onion
1 carrot, grated
2 stocks of celery, chopped
2 cups milk

Cook chicken and take the meat off the bone. Mix everything together and pour into 9 X 13 inch pan. Let set 2 hours or overnight in refrigerator. Top with grated cheese when ready to bake in 350° oven for 1 1/2 hours. Serves 8 to 12 people.

RIBS ROYALE

Donna Munden

1 cup chicken broth
5 tablespoons sugar
4 tablespoons soy sauce
3 tablespoons honey
2 tablespoons catsup
1 teaspoon salt
4 pounds spare ribs (dunked in hot water or simmer)

Boil first 6 ingredients. Place ribs in large oblong pan and pour mixture over them. Marinate for 2 hours. Bake 2-3 hours in 300° oven.

MOM'S SPECIAL MEAT BALLS

Colleen Augustin - Walnut

Meat Balls

2 pounds lean ground beef
1/2 cup fine cracker crumbs
1 egg

Sauce

1 cup brown sugar
1/2 cup vinegar
1 cup barbecue sauce
2 cups catsup
1/2 teaspoon mustard
1 large onion, diced
1 tablespoon grape jelly

Meat balls: Mix ground beef, cracker crumbs and egg in bowl. Then brown in skillet. When done, set them aside and make sauce.
Sauce: Mix sauce ingredients in pan and simmer until it thickens. Add meat balls and simmer until meatballs are good and hot.

This is a very good sauce for other meats - chicken, beef, pork or spareribs. Put meat in pan and cover with sauce and cook in oven. I always precook the meat before adding the sauce.

ZUCCHINI GARDEN CASSEROLE

Lee Ruth Massa - Sliferette

4 medium tomatoes, peeled and sliced 1/2 inch
4 medium zucchini (about 1 1/2 pounds), sliced
2 teaspoons salt, divided
1 1/2 pound lean ground beef
2/3 cup uncooked long grain rice
2 tablespoons chopped fresh parsley
1/4 cup chopped green pepper
1/4 cup chopped onion
1/4 teaspoon cinnamon
1/4 teaspoon allspice
1/4 teaspoon pepper
1 cup tomato juice
1 cup (4 ounces) Colby cheese, shredded

Arrange half of the tomatoes in a greased 9 X 13 inch baking dish. Layer half of the zucchini; sprinkle with 1/2 teaspoon salt. In a mixing bowl combine ground beef, rice, parsley, green pepper, onion, spices, pepper and 1 teaspoon salt; mix well. Spoon over tomato and zucchini. Cover with remaining zucchini and tomatoes. Sprinkle with remaining salt. Cover and bake at 375° for 1 1/2 hours. Uncover and sprinkle with cheese. Bake 15 minutes longer or until cheese melts. 6-8 servings.

CAVATINA

Carla Moutz

- 1 - 15 ounce can tomato sauce
- 1/4 teaspoon garlic salt
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1 teaspoon basil leaves
- 1 teaspoon Parmesan cheese
- 2 1/2 cups novelty past, cooked and drained
- 1 pound sausage, browned and drained
- 1 - 4 ounce sliced tomatoes
- 1/2 cup pepperoni, sliced
- 1/2 cup onion, chopped
- 1/2 cup green pepper, finely chopped
- 1 cup mozzarella cheese, grated

Combine tomato sauce, garlic salt, oregano, salt, basil leaves and Parmesan cheese in blender; mix well. Place cooked macaroni into 2 quart baking dish. Pour on half the tomato sauce mixture; top with pork sausage, mushrooms and pepperoni. Pour remaining sauce over all; sprinkle with onion and green pepper, then mozzarella cheese. Bake at 350° for 30 minutes.

CHEESE STRATA

Jean Jack, Sliferette

12 slices white bread
3/4 pound sliced American cheese (Velveeta is good)
10 ounces frozen broccoli, cook and drained
2 cups diced cooked ham
6 slightly beaten eggs
3 1/2 cups milk
1/2 teaspoon dry mustard

Cut centers out of bread slices with cookie cutter. Set cutouts aside to use on top. Fit bread scraps into bottom of 9 X 13 X 2 inch pan sprayed with nonstick spray. Place sliced cheese over bread; add ham and broccoli. Arrange cutout bread shapes on top. Combine remaining ingredients; pour over bread and all in pan. Cover with plastic wrap and refrigerate at least 6 hours. Remove wrap; bake uncovered 55 minutes or until set in center. Let stand 10 minutes before serving. 10-12 servings. Recipe may be halved (use 8 X 11 1/2 X 2 in pan and cook for same amount of time).

GLAZED MEAT LOAF or MEAT BALLS

Juanita Payne - Social Friends

1 cup oatmeal
1 pound lean ground beef
1/2 pound lean sausage
1 cup tomato juice
2 eggs
1/2 teaspoon pepper
1 cup bread crumbs

Glaze:
1/2 cup catsup
3 tablespoons molasses
1 teaspoon prepared mustard

Mix and place in pan (8-9 inch loaf pan or makes 24 meat balls). Bake in preheated 325° oven. When half done, put on glaze and finish baking.

BEEF CORN BREAD DINNER

Lee Ruth Massa - Sliferette

1 pound ground beef
1/2 cup chopped onion
1 garlic clove, minced
1/4 cup catsup
1 teaspoon salt
1 -8 1/2 ounce box corn muffin mix
1 cup (4 ounces) shredded cheese

Tangy Tomato Sauce

2 tablespoon cold water
2 teaspoon cornstarch
1-8 ounce can tomatoes, cut-up)
1/4 teaspoon each: chili powder, cumin and garlic powder
1 teaspoon sugar
2 tablespoons chopped chili peppers
2 tablespoons chopped green pepper
1 teaspoon Worcestershire sauce

In skillet, brown beef, onion and garlic; drain. Stir in catsup and salt. Prepare corn muffin mix as directed. Spread half of batter into greased 8 inch pan. Spoon beef mixture over batter; sprinkle with cheese. Spread remaining batter over cheese. Bake at 350° for 30-35 minutes. Meanwhile, combine sauce ingreients in sauce-pan. Cook and stir over medium heat until thickened. Let cornbread stand for 5 minutes before cutting into squares. Spoon sauce over and serve. 6-8 servings.

SWEDISH MEATBALLS

Lura Patrick - Renaissance

2 pounds ground beef
1/2 large white or yellow onion
1 cup white bread crumbs
1 1/2 cups cream
1/2 teaspoon allspice
1/2 teaspoon ginger
1/2 teaspoon nutmeg

3 teaspoons salt
3/4 teaspoon white pepper
1 cup mashed potatoes
2 eggs

olive oil and butter for frying
lingonberries

In a food processor, chop onion fine. Soak bread crumbs in cream (add a little water if too dry). Mix with onions in processor. Add spices and potatoes - pulse to mix. Add beef and eggs. Beat till fluffy. Shape into walnut size balls and place on a cookie sheet. (May need to wet hands with water if meatballs are sticky). Let cool in refrigerator about 30 minutes. Heat up large frying pan. Add a little olive oil (or vegetable oil) - about 1 tablespoon and 1/2 stick butter. Heat oil and add meatballs - shaking to cook evenly. Drain on paper towels. Cool in refrigerator and then freeze. Take out what you need and warm in microwave. Can serve hot as soon as they are cooked - keep warm in oven. Serve with lingonberries (available in many grocery stores).

BARBECUED MEAT BALLS

Barbara Sievert - Pleasant Prairie

3 pounds ground beef
1 can evaporated milk
1 cup oatmeal
2 eggs
1 cup cracker crumbs
1/2 cup chopped onions
1/2 teaspoon garlic powder
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 teaspoons chili powder

Sauce

2 cups catsup
1 cup brown sugar
1/2 teaspoon liquid smoke
1/2 teaspoon garlic powder
1/4 cup chopped onions

Combine all meatball ingredients (mixture will be soft). Shape into walnut size balls. Place meatballs in a single layer on waxpaper lined cookie sheets. Freeze until solid. Cook sauce, pour over frozen meatballs. Bake at 350° for 1 hour per loaf pan.

CHICKEN DIVAN

Marilyn Albright - Pleasant Prairie

1 chicken, deboned or chicken breast cooked
2 packages frozen broccoli
2 cans cream of chicken soup
1 cup mayonnaise
1 teaspoon lemon juice
1/4 teaspoon curry powder
1/2 cup grated cheese
1/2 cup bread crumbs

Place broccoli in bottom of greased 9 X 13 inch pan. Precook broccoli about 2 minutes. Layer chicken next. Mix the next 5 ingredients and spread over chicken. Sprinkle cheese and bread crumbs on top and bake 30 minutes at 350°.

CREAMY BAKED CHICKEN BREASTS

Lucille Price - Sliferette

4 whole chicken breast, split, skinned and boned
10 ounces Swiss cheese, shredded
1 can cream of chicken soup, undiluted
1/4 cup dry white wine
1 1/2 cups herb seasoned stuffing mix, crushed
1 stick butter, melted

Place chicken in 9 X 13 inch buttered pan and top with cheese. Combine soup and wine and spoon evenly over chicken. Sprinkle with stuffing and drizzle with butter. Bake at 350° for 50-55 minutes.

BARBECUE BEEF IN A SLOW COOKER

Margie DeLange - Walnut

3 pounds beef stew or chuck roast
2 chopped onions
3 green peppers, chopped
1 - 6 ounce can tomato paste
1/2 cup packed brown sugar
1/4 cup cider vinegar
3 tablespoons chili powder
2 teaspoons salt
2 teaspoons Worcestershire sauce
1 teaspoon dry mustard

Put ingredients in slow cooker (3 1/2 to 5 quart) in order given. Cover and cook on high for 8 hours. With wire whisk. Stir mixture meat is shredded. Serve on long hard buns or hamburger buns. Makes 12 servings.

GENE'S HAM LOAF

Melba Taylor - Social Friends

6 pounds ham
6 pounds lean pork
3 pounds lean beef (round steak)

Grind these ingredients once with regular plate.
Mix well and let set 3 hours and then mix well again.

1 egg
bread crumbs, fresh in blender
1 1/2 pounds ham mixture

Raisin Topping
- 3/4 cup raisins (put in water and cook 5 minutes)
- 2 tablespoons sugar
- 1 teaspoon vinegar
- pinch mustard

Mix egg, bread crumbs, milk and 1 1/2 pounds ham mixture and form in loaf. Bake at 350° for 1 1/2 hours. Pour raisin topping over loaf last 10 minutes of baking time.

BIEROCKS

Donna Munden

15 frozen yeast dough balls, thawed
1 pound ground chuck
1 small head cabbage, finely chopped
1/4 cup chopped onion
salt, pepper and garlic powder, to taste
1 teaspoon celery flakes
1 cup shredded cheddar cheese

In large fry pan, cover ground chuck in water and simmer until cooked. Drain and return to fry pan. Add cabbage, onion and 1 cup water. Cook until cabbage and onion are tender. Drain. Add seasoning and cheese. Roll out dough balls into circles. Place about 2 tablespoons filling in center. Gather up sides of dough and pinch together. Place seams side down on greased cookie sheet. Let rise about 45 minutes. Bake at 350° until nice and brown.

CROCKPOT STEW

Rose Black - Pleasant Prairie

4 carrots, peeled and sliced
4 potatoes, peeled and cubed
1 can green peas
1 can tomato soup
1 teaspoon chili powder
salt and pepper to taste
1/2 onion, chopped
1 pound steak, stew meat or chuck

Cube meat; roll in flour, salt and pepper. Brown. In crockpot start with carrots, meat, onion and then add the other ingredients. You may need to add 1/2 cup of water. Cook on low all day.

STEAK - RICE CASSEROLE

Nancy DeLange - Walnut

1 pound round steak
1 stick margarine
1 can cream of celery soup
1 can cream of chicken soup
1 can cream of mushroom soup
1 cup minute rice, uncooked

Melt margarine and mix soups in. Pour half of mixture in 8 X 8 baking dish. Cut meat into bite size pieces. Place over soup mixture. Pour rice on top of meat and add the rest of soup mix on top. Bake 2 hours in a 300° oven.

SAUSAGE EGG CASSEROLE

Luella Robinson - Pleasant Prairie

- 6 - 8 eggs, slightly beaten
- 6 slices buttered bread - cubed
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1 pound sausage (browned) med. or hot
- 2 cups milk
- 1 cup cheddar cheese - grated

Put bread in bottom of 9 X 13 pan. Spread sausage over bread. Mix rest of ingredients and pour over sausage. Put cheese on top. Let set overnight in refrigerator before baking. Bake at 350° for 30-40 minutes.

SAUSAGE-RICE CASSEROLE

Imogene Mills - Pleasant Prairie

- 1 pound pork sausage (browned & drained)
- 1 small onion, chopped
- 1/2 cup celery, diced
- 1 cup uncooked rice
- 2 cans cream of chicken soup
- 1/2 cup water

Mix all ingredients together. Place in greased 1 1/2 quart casserole dish and bake for 30 minutes in a 350° oven. Serve hot.

CHICKEN RICE CASSEROLE

Rose Black - Pleasant Prairie

6 ounces Uncle Ben's Long Grain and Wild Rice
3 whole chicken or turkey breasts - simmered tender
cut into bite size pieces (reserve broth to cook rice)
1 can cream of mushroom soup
1/2 can chicken broth mixed well with soup
1 - 8 ounce carton sour cream
1 1/2 cups Ritz crackers, crushed
1/2 cup melted oleo

Cook rice (by box directions) in chicken or turkey broth plus water as needed. Layer ingredients in order given in 9 X 13 inch pay. Spread crushed Ritz cracker on top of casserole and drizzle melted oleo over all. Bake at 350° until bubbly - about 35 minutes. (Takes longer if doubling or tripling)

HAM LOAF

Marion Albright - Pleasant Prairie

1 1/2 pound ham, ground
2 eggs
salt and pepper to taste
6 large crackers, crumbled
celery, chopped
green peppers, chopped
onion, chopped
1 can tomato paste

Mix all ingredients together, using 1/2 of the tomato paste in loaf and other 1/2 on top. If need be, load can be thinned with a little water. Bake 1 hour at 350°.

RUSTICA (ITALIAN LOAF)

Joyce Sanders - Crawford County Extended Families Nutrition Education Program

1 pound Italian sausage or sausage of your choice
1/2 cup chopped onion
1 clove garlic, finely chopped
1 1/2 cups all purpose flour
1/2 cup whole wheat flour
1/2 cup yellow cornmeal
1/2 cup diced green pepper
black olives
1 tablespoon sugar
1/2 teaspoon salt
1 package rapid rising dry yeast
1 1/2 cups hot water (120°-130°)
2 teaspoons softened margarine
2 cups mozzarella cheese
1/2 cup mushrooms

Combine sausage into large skillet, if sausage comes in casing, remove and discard casing. Add onion and garlic, saute, stirring occasionally until sausage is browned. Drain off fat, set sausage mixture aside to cool.
In large bowl, combine 1/2 cup flour, wheat flour, cornmeal, sugar, salt and yeast. Stir in hot water and margarine, mix well. Stir in remaining flour to form a soft dough. Cover dough in bowl and let rest 10 minutes.
In meantime soften peppers in microwave.
Grease 9 or 10 inch pan. I like to use iron skillet. Stir down dough. With buttered fingers press about 2/3 dough or less in bottom of greased pan. Add cheese, peppers, olives and mushrooms to sausage mixture. Spoon into center of dough. With spoon spread and press filling toward edge of pan leaving a 1/2 inch edge rim of dough at side. Drop remaining dough by tablespoon over filling. With back of spoon or buttered fingers, carefully spread dough to cover and enclose filling. (Top will be rough). Cover loaf loosely with cloth. Let rise in warm place, until dough is double in size, about 20-30 minutes. Heat oven to 400°. Bake loaf 25-30 minutes or until bread pulls away from sides of pan and loaf is golden brown. To serve, cut in wedges. Refrigerate leftovers.

PIZZA IN A BOWL

Martha Murphy - CEA-EFNEP

2 cups corkscrew macaroni
1 - 3 1/2 ounce package thinly sliced pepperoni
1 pound lean ground beef
30 ounce jar of Ragu
1 - 8 ounce package shredded mozzarella cheese (2 cups)
2 tablespoons grated Parmesan cheese

1. Cook the macaroni according to the package directions, except omit the salt. Drain.
2. Meanwhile, cut half of the pepperoni in quarters; set aside.
3. In a large skillet, brown the ground beef, drain well.
4. Add Ragu, quartered pepperoni and cooked macaroni to the browned meat.
5. Spoon half the macaroni mixture into a 2 quart casserole; sprinkle with half of the mozzarella cheese. Repeat layers. Sprinkle with Parmesan and remaining pepperoni slices.
6. Bake, uncovered, in a 350° oven for about 40 minutes or until heated through and cheese is lightly browned. Makes 6 servings.

POOR BOY FILETS

Margery Donald - Cherokee

6 slices bacon
1 pound ground beef
1/2 cup American cheese, shredded
3 tablespoons chopped onion
1 egg, beaten
2 tablespoon catsup
2 teaspoons Worcestershire sauce
1/2 teaspoon salt
dash of pepper

Lay strips of bacon on waxed paper, side by side. Mix all other ingredients together. Shape mixture into a roll and lay across bacon strips. Bring bacon strips up over meat roll and secure each strip with 2 toothpicks. Slice in slices, the width of each bacon strip. Broil in oven 8-10 minutes on each side. Serves 6.

STEAK CONTINENTAL

Shirley Wright - Renaissance

1 tablespoon salt
1 clove garlic
1 tablespoon catsup
1 tablespoon oil
3-4 tablespoons soy sauce
1/2 teaspoon pepper
1/2 teaspoon oregano

Mix ingredients together. Score steak about 1/4 inch and rub in marinade. Wrap in waxed paper and chill 6-8 hours. Grill.

CHICKEN CASSEROLE

Mildred Colles - Pleasant Prairie

1 1/2 cup chicken, cooked
1 can cream of mushroom soup
1 can cream of celery soup
1 - 4 ounce can mushrooms, drained
2 cups chow mein noodles
1 - 5 ounce can evaporated milk
1/2 cup slivered almonds

Combine all ingredients except almonds. Pour into casserole dish. Sprinkle almonds on top. Bake at 350° for 30 minutes.

PIZZA HOT DISH

Jennine Marrone - Renaissance

- 10-12 ounce package large egg noodles
- 2 pounds hamburger
- 1 large onion
- 15 1/2 ounces Ragu Sauce
- 15 ounces tomato sauce
- 10 1/2 ounce can Cheddar Cheese Soup
- 1/2 can of water
- 1 teaspoon garlic salt
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 8 ounce package grated mozzarella cheese

Cook noodles as directed on package (add salt). Drain and add soup and water. Brown hamburger and onion, draining fat. Add remaining ingredients except noodle mixture and cheese. Put half the hamburger mixture in 11 X 17 inch pan. Top with noodles mixture and spread remaining hamburger mixture over noodles. Top with mozzarella cheese. Cover with foil and bake 1 1/2 hours at 350°. Take foil off last 10-15 minutes. Let set 10 minutes before cutting. Freezes well.

BETTER - THAN - MOM'S MEATLOAF

Tracy Nunnallee - Cherokee Homemakers

2 teaspoons oleo or butter
3/4 cup each: chopped onions and sliced scallions
1/2 cup chopped bell pepper
2 teaspoons minced garlic
2 eggs
3/4 cup catsup
1/2 cup milk
1 tablespoon + 1 teaspoon Worcestershire sauce
1/2 teaspoon salt
2 pound ground beef
12 ounces pork sausage
3/4 cup dried bread crumbs

Melt oleo, add onions, scallions, pepper and garlic. Cook uncovered about 8 minutes, stirring occasionally, until soft. Beat eggs, stir in 1/2 cup catsup and milk, Worcestershire sauce and salt. Add onion mixture, meats and bread crumbs. Mix with hands or wooden spoon until well blended. Place in large roasting pan and pat into a loaf (11 X 5 X 2). Brush with remaining catsup. Bake 1 1/4 hours at 375°. Let stand 15 minutes before slicing.

MEAT BALLS SPAGHETTI

Rosemary Cherry - Sliferette

1 1/2 pounds ground beef
1 1/2 pounds ground pork
2 eggs
5 slices hard bread (soaked in water and squeezed)
salt and pepper, to taste
3 cups water
spaghetti

1 clove garlic, minced
1/2 cup chopped parsley
1 teaspoon crushed basil
1/2 cup grated Romano cheese
Sauce: 1 clove garlic
2 small cans tomato paste
1 pint mashed tomatoes
2 cups broth
salt and pepper

Thoroughly mix meatball ingredients and form into balls the size of golf balls. Brown well in a little olive oil. Remove drippings and add the ingredients for sauce. Cook slowly for at least 2 hours until medium thick. 15 minutes before serving - cook spaghetti. Strain - put on a deep platter. Pour the sauce and sprinkle the grated cheese over all with extra sauce in a gravy boat for those who desire it. Serve the meatballs separately.

HAMBURGER GRAVY SURPRISE

Pat Hackworth - former Social Friends member

1 pound hamburger or ground chuck
2 can golden mushroom soup

In skillet brown meat. Pour soup over meat and cook about 8 minutes over low heat. Serve over bread or biscuits.

SPINACH SAUSAGE CASSEROLE

Linda Dunekack - Renaissance

2 - 10 ounce boxes chopped spinach
24 ounce carton cottage cheese
6 eggs, beaten
1/2 - 1 pound bulk sausage, fried and drained
8 ounces cheddar or combination of cheese

Thaw spinach, squeezing out all of the moisture. Combine all ingredients except cheese. Pour into 9 X 13 inch greased pan. Garnish top with cheese. Bake at 350° for 30-45 minutes. Test center with a knife.

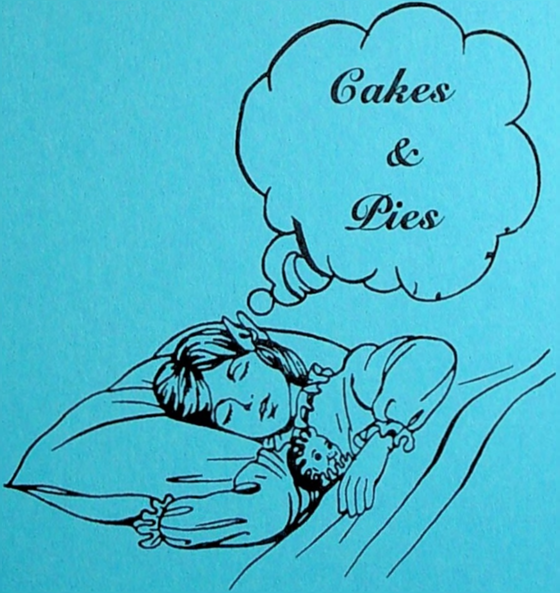
LASAGNA

Judy Hanson - Sliferette

Boil 1 package lasagna noodles according to instructions

1 1/2 pound ground chuck	1 can tomato paste
1/2 cup minced onion	1 can mushroom soup
1/4 teaspoon garlic powder	1 can cheese soup
1/2 teaspoon salt	8 ounces shredded mozzarella cheese

Brown first 4 ingredients. When done - add tomato paste and soups. Simmer 30 minutes. Place strips of cooked noodles in bottom of casserole - cover with thin layer of meat mixture and sprinkle mozzarella over this. Repeat until all ingredients are in dish - ending with cheese on top.
Bake at 350° for 30 minutes or until dish is hot and cheese is melted.


Cakes
&
Pies

RAW APPLE CAKE

Donna Brown - Crawford County Extension Secretary

2 cups white sugar
1/4 cup oil
2 eggs, unbeaten
2 1/4 cups sifted flour
2 1/4 cups sifted flour
2 teaspoons soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
4 cups raw apples, chopped coarse

Topping:
- 3/4 box powdered sugar
- 1 flat can crushed pineapple

Cream sugar and oil. Add unbeaten eggs and beat well. Mix dry ingredients together and add to the above mixture. Stir in raw apples by hand. Pour into greased and floured 9 X 13 inch pan. Bake 35 minutes in a 350° oven.

Topping: Let stand while cake is baking. Mix powdered sugar and pineapple and spread on partly cooled cake. This is a moist cake and keeps well.

CARAMEL CAKE

Nancy DeLange - Walnut

1 box chocolate cake mix
1 can sweet milk
1 small jar caramel ice cream topping
1 - 8 ounce container Cool Whip
1 package Heath toffee bits

Following directions on cake mix for mixing and baking. Mix sweet milk and caramel together. While cake is hot, poke holes in the cake and pour caramel mixture in the holes of cake. When cake is cool, top with cool whip and Heath toffee bits.

STRAWBERRY LOVER'S PIE

Lucille Price - Sliferette

1 baked 9 inch pie shell
2 squares semisweet chocolate (2 ounces)
1 tablespoon butter or margarine
2 - 3 ounce packages cream cheese - softened
1/3 dairy sour cream
2 to 3 tablespoons sugar
1/2 teaspoon vanilla
3 to 4 cups hulled fresh strawberries
1/3 cup strawberry jam
1 square semisweet chocolate (1 ounce) - melted

Prepare and bake the pie shell. Let cool on wire rack. Melt chocolate and butter over low heat, stirring occasionally. Spread mixture over the bottom and sides of pie shell. Beat together cream cheese, sour cream, sugar, and vanilla till smooth. Spread evenly in pie shell. Cover and chill for 2 hours. Arrange berries hulled side down over cream cheese filling. Heat jam till melted. Add some water to thin. Drizzle over berries with melted chocolate. Store in the refrigerator.

CHOCOLATE CHERRY CAKE

Tracy Nunnallee - Cherokee Homemakers

1 package chocolate cake mix
1 can cherry pie filling
2 eggs
1 teaspoon almond extract

Frosting:
1 cup sugar
1/3 cup canned milk
5 tablespoons oleo
1 cup chocolate chips

Mix together the cake mix, cherry pie filling, eggs and almond extract. Pour into 9 X 13 inch pan. Bake in 350° oven for 30 minutes.

Frosting: Mix sugar, milk and oleo. Boil 1 1/2 minutes. Remove from heat, add chips. Stir until chips are melted. Pour over hot cake. Frosting will harden as it cools.

RAINBOW CAKE

Rose Black - Pleasant Prairie

1 angel food cake
3 ounce box strawberry Jello, dry
3 ounce box lime Jello, dry
3 ounce box orange Jello, dry
1 can mandarin oranges, drained
1 can blueberries, drained
10 ounce box frozen strawberries, partially thawed
1/2 gallon vanilla ice cream

Tear angel food cake into small pieces. Put wax paper on bottom of angel food cake pan. Shake 1/3 of the cake pieces in strawberry Jello; 1/3 in lime Jello; and 1/3 in orange Jello. Layer in cake pan; strawberry cake pieces, strawberries, softened ice cream; lime cake pieces, blueberries, softened ice cream; orange cake pieces, mandarin oranges, and softened ice cream. Return to freezer until frozen. Slice off pieces.

JELLO CAKE

Nancy DeLange - Walnut

1 white cake mix
1 package strawberry jello
1 can strawberry pop
1 package instant vanilla pudding
1 - 8 ounce container Cool Whip

Follow directions on box to make your cake. While the cake is baking, dissolve jello in 1/2 cup of hot water. Add strawberry pop to that until you have 2 cups of liquid. When the cake is done, poke holes in the top and pour the jello and pop mixture over the hot cake. Cool the cake in the refrigerator. To make the topping, mix the pudding as directed. When set, mix the pudding and Cool Whip, pour over top of cake.

STRAWBERRY SHORTCAKE

Kathy O'Toole - Walnut

2 cups all purpose flour
1/2 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup (1 stick) butter or margarine
3/4 cup milk

Preheat oven to 350°.

1. Spray 2 - 8 inch cake pans with cooking spray.
2. Combine flour, sugar, baking powder and salt in a bowl. Cut in butter or margarine until mixture resembles coarse crumbs. Add milk and mix until dry ingredients are moistened. Dough will be thick and lumpy.
3. Divide into two portions. Drop half of dough in a pan and spread out evenly. Put other half in other pan.
4. Bake in preheated 350° oven for 25-30 minutes.
5. Let cool. Slice and top with strawberries.

CHERRY PIE FILLING CAKE

Elda Delinski

1 yellow cake mix
2 eggs
1 tablespoon oil
1 can cherry pie filling

Topping:
1/2 cup brown sugar
1/2 cup chopped nuts

Combine cake mix, eggs and oil. Add cherry pie filling. Spread in 11 X 15 inch baking pan sprayed with nonstick cooking spray. Combine brown sugar and nuts. Sprinkle on top of cake batter. Bake in 350° over for 20 minutes or until done.
Cut into squares.

JELLO DELIGHT

Jo Kavanaugh

1 baked angel food cake
2 - 3 ounces boxes (your choice) Jello
whipped topping

Prepare jello as directed. When almost set, slice and put a layer of the angel food cake in a cake pan. Layer of jello. Keep layering until cake and jello is all used. Serve with whipped topping.

RUM CAKE

Sharon Giacometti - Sliferette

1 cup chopped pecans or walnuts
1 package (2 layer size) yellow cake mix
1 package (4 serving) Jello vanilla instant pudding
4 eggs
1/2 cup cold water
1/2 cup vegetable oil
1/2 cup dark rum (80 proof)

Glaze:
1 cup sugar
1/2 cup butter
1/4 cup water
1/2 cup rum

Spread nuts evenly in bottom of greased and floured 10 inch tube pan or bundt pan. Combine cake mix, pudding mix, eggs, 1/2 cup water, oil and rum in a large mixer bowl. Blend and beat at medium speed for 2 minutes. Pour in pan. Bake in 325° oven for 60 minutes. Cool 15 minutes in pan.
Make glaze. Combine in sauce pan and bring to a boil for 5 minutes - stirring constantly. Remove from heat. Stir in 1/2 cup rum and bring back to boil. Spoon glaze over warm cake.

PINEAPPLE PECAN CAKE

Irma Fluery for daughter Jeanette Fleury Simon

2 cups flour
2 cups sugar
2 teaspoons baking soda
2 eggs
1 can crushed pineapple (20 ounce), not drained
1 cup chopped pecans, if preferred

Frosting:

1/2 cup oleo, softened
1 - 8 ounce cream cheese
1 1/2 cups powdered sugar
1 teaspoon vanilla

Combine first 5 ingredients. Mix well, by hand. Stir in pecans. Pour into ungreased 9 X 13 pan. Bake in 350° oven for 40-45 minutes. Mix frosting ingredients with mixer. When cake is cool, top with frosting.

QUICK COBBLER

Bette Scammell - Social Friends

- 1 cup flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 1 stick margarine
- 1 large can peaches or other sweetened fruit

Blend together all dry ingredients; add milk. Blend. Melt margarine in 9 X 13 inch baking dish. Pour batter over margarine; add peaches or other fruit. Bake at 350° for 40 minutes. Crust will come to the top as it bakes.

PASTRY PIE CRUST

Juanita Payne - Social Friends

4 cups unsifted flour
1 cup Crisco
1 stick oleo
1 teaspoon vinegar
1 large egg
1/4 cup water (approx.)

Mix all ingredients in mixer until all ingredients are combined. Roll between wax paper. Makes 4 - 9 inch single crusts or 2 - 9 inch double crusts. Use filling of your choice. Pie crusts freeze for 6 months.

STRAWBERRY - RHUBARB PIE

Ilene Reith - Walnut

2 cups strawberries
2 cups cut up rhubarb, raw
2 cups sugar
1/4 cup flour

Mix fruit, sugar and flour. Put into unbaked pie crust. Dot with oleo. Add top crust. Bake in 425° oven for 10 minutes. Reduce heat to 350° and bake an additional 35 minutes.

PEANUT BUTTER PIE (like they served at Beaumont, KS Hotel - 1976)

Debi Southard Rankin

1 baked 9 inch pie shell
1/2 cup creamy peanut butter
2/3 cup powdered sugar
2/3 cup (scant) sugar
3 tablespoons cornstarch
1/2 teaspoon salt
3 cups milk, scalded
3 eggs, separated
1 tablespoon butter
1 1/2 teaspoon vanilla

Blend peanut butter and powdered sugar till mealy. Sprinkle 2/3 mealy mixture over bottom of baked pie shell. Combine beaten egg yolks, salt, cornstarch, and sugar. Stir into cooled, scalded milk. Cook till thick, stirring constantly. Add vanilla, butter, and cool. Pour into pie shell. Top with meringue and sprinkle with balance of mealy mixture. Bake 8-10 minutes.

Meringue - Beat egg whites, 1/4 teaspoon cream of tartar and 6 tablespoons sugar until stiff and glossy.

BANANA SPLIT SUPREME

Sharon Giacometti - Sliferette

1st layer: Press 1 stick melted margarine into 2 cups crushed graham crackers in large dish.

2nd layer: Whip for 7-10 minutes 2 sticks margarine, 2 cups powdered sugar and 2 eggs. Yellow stiff- then gets light and fluffy.

3rd layer: Add 4 sliced bananas and 1-16 ounce can of crushed pineapple, drained.

4th layer: Large container Cool Whip (don't stir to thaw - let thaw on its own or it gets runny).

5th layer: Chopped nuts and maraschino cherries, drained.

CHOCOLATE MOUSSE PIE

Judy Hanson - Sliferette

1 - 4 ounce package German Sweet Chocolate
1/3 cup milk
2 teaspoons sugar
1 - 3 ounce package cream cheese
1 - 8 ounce carton Cool Whip, thawed
1 - 8 inch graham cracker crust

Heat chocolate and 2 teaspoons of the milk, stirring until chocolate is melted. Beat sugar into cream cheese - add remaining milk and chocolate mixture and beat well. Fold chocolate mixture into whipped topping - blend until smooth. Spoon into crust, freeze until firm - about 4 hours. Store any leftover pie in freezer.

APPLE CAKE

Mildred Colles - Pleasant Prairie

2 cups sugar
1 1/2 cups light oil
3 eggs
1 teaspoon vanilla
1 teaspoon soda
1 teaspoon salt
3 cups flour
2 teaspoons cinnamon
4 cups finely chopped yellow apples
1 cup finely chopped pecans
1/4 cup coconut

Mix together sugar, oil, eggs and vanilla. Add soda, salt, flour, cinnamon, apples, pecans and coconut. Pour into greased pan (do not flour the pan). Bake in 350° oven for 65 minutes.

RHUBARB CAKE

Linda Dunekack - Renaissance

1 1/2 cup brown sugar
1/2 cup margarine
1 egg
1 cup buttermilk
1 teaspoon red food color (opt.)
2 cups flour
1 teaspoon soda
1/2 teaspoon salt
1 teaspoon vanilla
1 1/2 cup rhubarb

Topping: 1/2 cup sugar
1/4 cup margarine (softened)
1/2 teaspoon cinnamon
1/2 cup nuts

Combine and cream sugar, margarine, egg and buttermilk. Add the dry ingredients and mix well. Fold in rhubarb. Pour into 13 X 9 inch pan. Combine topping ingredients and sprinkle over cake. Bake at 350° for 35-40 minutes or until tester comes out clean.

DOUBLE PISTACHIO CAKE

Sharon Giacometti - Sliferette

1 package (2 layer size) yellow or white cake mix
1 package (4 serving size) Jello pistachio instant pudding mix
3 eggs
1 cup club soda or water
1/2 cup oil
1/2 cup chopped nuts

Frosting:
1 1/2 cup cold milk
1 envelope dream whip
1 package pistachio instant pudding mix

Combine all ingredients in large mixing bowl. Blend then beat at medium speed of electric mixer. Pour into greased and floured bundt pan. Bake at 350° for 30-35 minutes. Cool in pan 15 minutes.

Beat frosting ingredients slowly increasing beating speed to high and whip until it forms soft peaks. Spread on cake.

KANSAS DIRT PIE

Sharon Giacometti - Sliferette

1 package Oreo cookies, crushed in blender
12 ounces cream cheese, softened
1 stick oleo
12 ounce package Cool Whip
1 cup powdered sugar
3 cups milk
1 box instant pudding mix
1 teaspoon vanilla

Mix cream cheese, oleo and powdered sugar together until smooth. Fold in cool whip. Set aside. Next mix milk, pudding and vanilla together until thickens. Fold in cream cheese mixture. In 13 X 9 inch pan put 1/2 crushed oreos on bottom, then the cream mixture, then top with rest of crushed oreos.

APPLE CRISP (Easier Than Pie)

Evelyn Sevart - Walnut

Topping: 3/4 cup flour
3/4 cup brown sugar
1/2 teaspoon cinnamon
1 stick butter or oleo, cut in small pieces

Filling: 6 or 7 apples, peeled and sliced
3 tablespoons sugar
3 tablespoons lemon juice

Put topping in medium size bowl. Rub together with your fingers or stir with a fork until mixture resembles coarse crumbs. Put filling in 9 X 13 baking dish. Spread evenly and sprinkle with topping. Bake 35-40 minutes or until fruit is tender. Serves 8.

FRESH APPLE CAKE

Colleen Augustin, Walnut

1 cup sifted flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon salt
1 cup sugar
1/2 cup shortening

2 eggs
1 teaspoon vanilla
2 1/2 cups finely chopped, pared apples
1 cup chopped walnuts
1 tablespoon flour

Sift together 1 cup flour, baking soda, cinnamon and salt. Cream together sugar and shortening until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Add vanilla. Add dry ingredients, beating well after each addition. Stir in apples. Combine walnuts and 1 tablespoon flour. Stir into batter. Pour into greased and floured 9 inch square pan. Bake in 350° oven 50 minutes or until cake tests done. Cool in pan on rack. Make 9 servings.

BANANA PECAN CAKE

Margie DeLange - Walnut

1 - 2 layer size yellow cake mix
1/2 cup mashed banana
1 - 3 3/4 ounce package instant butterpecan pudding mix
4 eggs
1 cup water
1/2 teaspoon vanilla flavoring
1/2 teaspoon burnt sugar flavoring
1/2 teaspoon banana flavoring
1/4 cup oil
1/2 cup finely chopped pecans

Place all ingredients in larger mixer bowl. Blend then beat at medium speed for 4 minutes. Pour batter in 10 inch tube pan or 9 X 13 inch pan. Bake at 350° for about 50 minutes or until done. Cool. Frost with favorite icing or serve with fresh sliced bananas and dessert topping.

STRAWBERRY PIE

Sharon Giacometti - Sliferette

- 1 1/2 pints strawberries
- 1 cup water
- 1 cup sugar
- 3 tablespoons cornstarch
- milk to thin cream cheese
- 1 - 9 inch pie crust
- 2 tablespoons cold water
- 2 tablespoons strawberry Jello (1/2 of 3 ounce pkg.)
- 2 ounce cream cheese

Bake pie crust. Soften cream cheese - thin with enough milk to spreading consistency. Spread over baked pie crust. Bring 1 cup water and sugar to boil. Mix cornstarch and water. Add to sugar mixture - thicken - stir in Jello. Let cool. Stir in strawberries. Pour into pie shell. Sets up in 1 hour. Refrigerate.

RHUBARB COBBLER

Millie Boggs - Pleasant Prairie

1 cup sugar
4 tablespoons cornstarch
2 tablespoons orange juice
4 cups rhubarb (cut up)
1 cup flour
2 tablespoons sugar
1 1/2 teaspoons baking powder
1/4 cup oleo or shortening
1 egg
2 tablespoons milk
1 pint strawberries (fresh or frozen)

Combine 1 cup sugar & cornstarch. Stir in orange juice and cook till thick. Add the rhubarb and cook a little longer. Remove from heat, but keep warm. Stir 1 cup flour, 2 tablespoons sugar & baking powder. Cut in oleo or shortening until it's crumbley, then add the milk and egg that have been beaten together. Kneed dough on floured surface 5 or 6 times and roll dough out to 11 X 4 inches. Cut in 1/2 inch strips the long way. Stir strawberries into hot rhubarb mixture. Pour into baking dish and place dish ona foil lined cookie sheet. Bake at 400° for 20 to 25 minutes. Serve warm with ice cream or cool whip.

CHOCOLATE APPLESAUCE CAKE

Shirley Wright - Renaissance

1 1/2 cups sugar
1/2 cup Crisco
2 eggs
2 teaspoons vanilla
2 cups applesauce

2 cups flour
1/2 teaspoon salt
1 1/2 teaspoons soda
2 tablespoons cocoa

Cream sugar and Crisco. Add eggs, vanilla and applesauce. Add sifted flour, salt, soda and cocoa to creamed mixture. Beat and pour into greased and floured 9 X 13 pan. Sprinkle 3 tablespoons, then 1/2 cup nuts, then 1 cup chocolate chips over top of batter. Bake at 350° for 35 minutes.

GOOSEBERRY PIE

Bette Scammell - Social Friends

pie crust for 2 crust pie
2 1/2 cups gooseberries
1 cup sugar
3 tablespoons cornstarch
a sprinkle of salt
3/4 cup water
scant 1/8 teaspoon baking soda
1 tablespoon red gelatin (preferably strawberry)

Mix sugar, cornstarch and salt together, add small amount of water (about 3 tablespoons). Stir until smooth. Add to heated water, bring to boil, reduce heat and cook until clear, stirring constantly, then add gelatin, dissolve before adding gooseberries. Add baking soda, stirring to prevent foaming over. Remove from heat. Pour into bottom crust and top with remaining crust. Cut slits in top crust and sprinkle with sugar. Bake at 375° until golden brown. Cool.

POPPY SEED CAKE

Juanita Payne - Social Friends

1 small package vanilla instant pudding mix
1 package yellow cake mix (good quality)
2 ounces poppy seed
4 large eggs
3/4 cup oil
1 cup cream sherry

Preheat oven to 350°. Combine all ingredients in bowl of electric mixer. Mix on low speed briefly, just to blend ingredients. Beat at medium speed for one minute. Pour batter into well greased and floured bundt cake pan. Bake approximately 30-40 minutes.

BREAD PUDDING

Luella Schnurr

2 cups milk
2 eggs
1/3 cup sugar
salt
lemon or vanilla
2 cinnamon rolls

Let cinnamon rolls dry. Cut in small squares into a 9 inch baking dish. Mix first five ingredients together and pour over rolls. Raisins may be added, if desired. Bake in 350° oven for 35 minutes.

BROWNIE PUDDING

Mary Beth Smith

1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
3/4 cup sugar
2 tablespoons cocoa
1/2 cup milk
1 teaspoon vanilla
2 tablespoons shortening
3/4 - 1 cup walnuts
3/4 cup brown sugar
1/4 cup cocoa
1 3/4 cups how water

Sift together first 5 ingredients. Add milk, vanilla and shortening. Mix until smooth. Stir in nuts. Pour into greased 2 quart (9 inch diameter) glass casserole without lid. Mix together in small bowl the brown sugar and dry cocoa. Pour hot water over the entire batter. Bake in 350° oven for 40-45 minutes. Let cool or serve right out of the oven.

Cookies
&
Candy

SPICE BAR

Nancy Church - Walnut

1 cup raisins
1 1/2 cups water
1 stick oleo
1 teaspoon soda
1 cup sugar
2 cups flour
1/4 teaspoon salt
1/2 teaspoon cloves
1 teaspoon cinnamon

Boil rainsins and water for 5 minutes. Drain and add oleo, sugar and soda. Sift flour, salt, cloves and cinnamon and add to liquid. Mix well. Spread in cookie sheet. Bake in 350° oven for 20-25 minutes. While warm glaze with powdered sugar and orange juice glaze.

PEANUT BRITTLE

LInda Dunekack - Renaissance

1 cup + 1 tablespoon sugar
1/3 cup white syrup
1/3 cup water
1 cup + 1 tablespoon peanuts
1 teaspoon soda
1 teaspoon vanilla
1 tablespoon butter

Over medium/high heat, place sugar, syrup and water in heavy skillet. Cook until mixture bubbles - about 1 minute. Add raw peanuts. Using a wooden spoon, stir and cook until sugar begins turning yellow. Take off heat. Stir in quickly the soda, vanilla and butter.

A cookie sheet or jelly roll pan back should be greased and ready before beginning to cook. Surround cookie sheet (upside down) with waxed paper. When brittle begins to cool slightly, start pulling out from the sides and let cool on waxed paper. This step ensures thin peanut brittle.

MUNCHIBLE MACAROONS

Lela Holden - Cherokee Homemakers

1-14 ounce can sweetened condensed milk
1 tablespoon lemon juice
1 teaspoon vanilla extract
2 2/3 cups coconut
2 heaping cups crisp rice cereal

Combine condensed milk, lemon juice and vanilla in bowl. Mix well. Stir in coconut and cereal. Drop by teaspoonfull onto ddreased cookie sheet. Bake in 250° oven for 30 minutes or until light brown. Remove to wire rack to cool.
Yields 48 cookies.

POTATO CHIP COOKIES

Donna Munden

1 pound oleo (Blue Bonnet) I use less - about 3 sticks
1 1/4 cup sugar
1 1/4 (or more) curshed potato chips (Frito Lay)
1 teaspoon vanilla
3 1/2 cups flour
2 cups pecans, chopped

Mix the oleo and sugar. Add the crushed potato chips, vanilla, flour and pecans. Roll in balls. Flatten with fork or hand. Bake in ungreased pan at 350° 14-16 minutes or until brown.

NOODLE COOKIES

Arlene Shaw - Pleasant Prairie

7 ounces Chinese noodles
1 cup peanuts
12 ounces Butterscotch Chips
1/2 cup peanut butter

Mix Chinese noodles and peanuts in large bowl. In double boiler melt butterscotch chips and peanut butter. Pour over Chinese noodles and peanuts. Drop by spoonfull on cookie sheet. Enjoy!

PEANUT BUTTER COOKIES

Eleanor Mahnken - Pleasant Prairie

1 cup sugar
1 cup peanut butter
1 egg
1 teaspoon soda

This recipe uses no flour. Mix all ingredients and make balls (size of a walnut). Bake 10-12 minutes in 350° over. Let cool 1 minute before removing from pan.

MOM'S OLD FASHIONED SUGAR COOKIES

Margaret Southard - Social Friends

1/2 cup oil
1/2 cup oleo
1/2 cup powdered sugar
1 egg
1 teaspoon vanilla
2 1/2 cups flour
1/2 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon cream of tartar

Cream oil, oleo, sugar, egg and vanilla. In separate bowl mix flour, salt, soda and cream of tartar. Gradually add to sugar and blend well. Chill dough until firm. Form 1 inch balls on cookie sheet. Press cookies with glass dipped in sugar. I use empty plastic thread spool, paper removed and washed. Spray end of cut out on spool.

PEANUT BUTTER CHOCOLATE CHIP COOKIES

Eleanor Mahnken - Pleasant Prairie

2 cups flour
1 teaspoon
1 cup chunky peanut butter
3/4 cup oleo
3/4 cup granulated sugar
3/4 cup brown sugar
1 teaspoon vanilla
2 large eggs
12 ounces chocolate chips

Cream oleo. Add sugars, peanut butter, vanilla. Add eggs, then dry ingredients and chocolate chips. Drop by teaspoonful on cookie sheet. Bake 10 minutes in 375° oven. Let stand 1 minute before removing from pan.

PEANUT BUTTER FUDGE

Velda Lehman - Sliferette

3 cups sugar
5 1/2 ounces canned milk
3/4 cup oleo
1 teaspoon vanilla
1 - 7 ounce jar marshmallow creme
1 cup peanut butter

Combine sugar, oleo and milk in pan. Cook over medium heat stirring constantly. Bring to a full rolling boil and cook 5 minutes. Remove from heat. Add peanut butter, marshmallow creme and vanilla. Stir until well blended. Pour into a 13 X 9 inch greased pan. Cool at room temperature. Cut into squares.

FRUIT FLAVORED DIVINITY

Margie DeLange - Walnut

3 cups sugar
3/4 cup water
3/4 cup white syrup
pinch of salt
2 or 3 egg whites
1 - 3 ounce package fruit Jello

Combine sugar, water, corn syrup and salt. Bring to hard ball stage. Beat egg white until frothy; add Jello and beat until stiff peaks form. Add cooked mixture gradually and beat until not shiny.

PEANUT CHEWS

Marie Albertini - Pleasant Prairie

1 package yellow cake mix
1/3 cup oleo or butter
1 egg
3 cups miniature marshmallows

topping:
2/3 cup corn syrup
1/4 cup oleo or butter
2 teaspoons vanilla
12 ounce package peanut butter chips
2 cups crisp rice cereal
2 cups salted peanuts

In large bowl combine all base ingredients except marshmeallos at low speed until crumbly. Press in bottom of 13 ª 9 inch ungreased pan. Bake 12-18 minutes or until light golden brown. Remove from oven and sprinkle with marshmallows. Return to oven 1-2 minutes or until marshmallows begin to puff. Cool while preparing topping. In large saucepan heat corn syrup, oleo or butter, vanilla and chips just until chips are melted and mixture is smooth. Remove from heat, stir in cereal and nuts. Immediately spoon warm topping over marshmallow. Spread to cover. Chill. Store covered.

KANSAS SUNFLOWER COOKIES

Lee Ruth Massa - Sliferette

1 cup butter (or shortening)
1 cup sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
1 teaspoon soda
1/2 teaspoon baking powder
1/4 teaspoon salt
2 cups quick oats
1 1/2 cups flour
1 cup flaked coconut
1 cup sunflower seeds (unsalted)

Cream butter and sugars until light and fluffy. Add eggs and vanilla and continue beating. Add sifted dry ingredients. Mix well. Stir in oats, coconut and sunflower seeds. Drop by spoonfuls onto ungreased cookie sheet. Bake at 350° for 8-10 minutes. Makes 36 cookies.

(I send these and the recipe to family and friends who have moved away.)

FRUIT PIZZA

Sharon Giacometti - Sliferette

sugar cookie dough
1-8 ounce package cream cheese
1 teaspoon vanilla
1/2 cup sugar
sliced fruit - approx. 2 bananas, 2 peaches,
  1 pint strawberries, 1 can sliced pineapple
  1/2 cup blueberries

3/4 cup water
1 cup orange juice
1 cup sugar
1/4 cup lemon juice
3 tablespoons cornstarch
dash salt

Press cookie dough into greased pizza pan overlapping. Bake 10 minutes or until lightly brown. Combine cream cheese, vanilla and 1/2 cup sugar and spread over cooled cookie dough. Top with fruit. Mix 1 cup sugar, cornstarch and salt. Add liquids and bring to a boil. Cool thoroughly before spreading over fruit.
Chill 2 hours in refrigerator.

PECAN SANDIES

Judy Hanson - Sliferette

1 cup butter
1/3 cup sugar
2 teaspoons water
2 2 teaspoons vanilla
1 cup chopped pecans
2 cups flour
powdered sugar

Combine first 4 ingredients; blend in flour and nuts. Chill dough for 4 hours. Roll into balls and place on ungreased cookie sheet. Bake at 325° for 14 minutes. Cool cookies and roll in powdered sugar.

DATE PINWHEELS

Rosemary Cherry - Sliferette

1 cup shortening
1 cup brown sugar
1 cup white sugar
4 cups flour

1/2 teaspoon soda
1/2 teaspoon salt
3 eggs, beaten
1 teaspoon vanilla

Filling: 1 pound dates, cut up
1 cup sugar
1 cup water
1 cup chopped nuts

Cook dates, 1 cup sugar and water until thick. Add nuts and cool. Cream shortening and sugars, add beaten eggs and vanilla. Sift flour, soda and salt. Add to first mixture. Cool. Divide dough in 4 parts. Roll thin. Spread filling over dough. Roll up like jelly roll. Chill overnight or freeze until needed. Cut into thin slices. Bake in 350° oven for 10-12 minutes.

POTATO CHIP COOKIES

Rosemary Cherry - Sliferette

1 cup butter shortening
1 cup sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
1/2 teaspoon burnt sugar flavoring
2 1/2 cups flour
1 teaspoon soda
2 cups crushed potato chips
6 ounce package butterscotch chips

Combine first 6 ingredients. Sift flour and soda together. Add to other ingredients. Add chips. Mix well. Drop by teaspoonfull on a greased cookie sheet. Bake in 375° over for 10 minutes.

CAKE MIX COOKIES

Evelyn Sevart - Walnut

1 box lemon (or other flavor) cake mix
1/2 cup shortening
2 eggs
1 tablespoon liquid (lemon or orange juice)

Mix well. Roll in balls and dip in powdered sugar. Bake in 350° oven for 10 minutes.

CATHEDRAL COOKIES (no bake)

Rose Black - Pleasant Prairie

1 stick (1/2 cup) oleo
1 - 12 ounce pkg. chocolate chips
2 teaspoons vanilla
1 cup chopped nuts
4 cups colored miniature marshmallows

Melt oleo and chocolate chips and cool. Add vanilla, nuts, and marshmallows. Mix to blend. Shape into 3 rolls. Roll in coconut or chopped nuts. Chill. Slice thin to serve. Makes 50 cookies.

CHERRY DROPS

Imagene Mills - Pleasant Prairie

1 box cherry supreme cake mix
1/2 cup cooking oil
2 tablespoons water
2 eggs
chopped nuts - if desired

Blend cake mix, oil, water, eggs and nuts. Drop by a teaspoon on an ungreased cookie sheet. Bake at 350° for 10 to 12 minutes.

COCONUT OATMEAL COOKIES

Colleen Augustin - Walnut

1 cup shortening	2 cups sifted flour
1 cup brown sugar, firmly packed	1 teaspoon baking powder
1 cup sugar	1 teaspoon baking soda
2 eggs	1 teaspoon salt
1 teaspoon vanilla	1 1/2 cups quick cooking oats
	1 cup flaked coconut

Cream together shortening and sugars until light and fluffy. Add eggs, one at a time, beating well after each addition. Blend in vanilla. Sift together baking powder, baking soda and salt. Gradually add dry ingredients to creamed mixture. Mix well. Stir in oats and coconut. Shape dough in small balls. Place balls about 2 inches apart on greased baking sheets. Bake in 350° oven for 10-12 minutes or until golden brown. Makes 5 dozen.

LEMON ANGEL BARS

Harriett Kern - Social Friends

1 can - 22 ounce - lemon pie filling
1 angel food cake mix, dry
2 tablespoon lemon juice or 1 teaspoon lemon extract
powdered sugar icing or powdered sugar for dusting

In large bowl, mix by hand the pie filling, dry mix and juice or extract. Spread in greased jelly roll pan and bake in 350° oven for 20-30 minutes. Frost with powdered sugar icing or dust with powdered sugar.
Makes 30 bars.
You may substitute fruit filling - cherry is very good.

AMERICAN SUGAR COOKIES

Rosemary Cherry - Sliferette

3 cups flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
2 cups butter
2 eggs
1 cup sugar

1. Into bowl - sift in first 3 ingredients
2. Cut in butter (as for pie crust)
3. Beat eggs. Add sugar and beat well
4. Blend egg mixture into flour mixture
   Chill dough for easier handling
5. Roll on board to 1/8-1/4 inch thick.
   Cut with cookie cutters
6. Put on ungreased cookie sheets
   Bake in 375° oven for 6-8 minutes
7. Remove at once and cool
   Decorate if desired

Makes 3-4 dozen

WALNUT DATE SNACK BARS

Eleanor Mahnken - Pleasant Prairie

1 yellow cake mix (containing pudding mix)
3/4 cup firmly packed brown sugar
3/4 cup margarine or butter, melted
2 eggs
2 cups chopped dates
2 cups chopped walnuts

Heat oven to 350°. Generously grease 9 X 13 pan. In large bowl, combine cake mix and brown sugar. Blend well. Add butter and eggs and beat 2 minutes at medium speed. In medium bowl, combine dates and nuts; mix well. Stir date mixture into cake better. Blend well. Batter will be stiff. Spread evenly in a greased pan. Bake at 350° for 35-45 minutes or until golden brown. Cool 10 minutes. Run knife around sides of pan to loosen. Cool for 1 hour or until completely cooled. Cut into bars. Store in thightly covered container. Makes 24 bars.

MOLASSES SUGAR COOKIES

Velda Lehman - Sliferette

- 3/4 cup shortening
- 1 cup sugar
- 1/4 cup molasses
- 1 egg
- 2 teaspoons baking soda
- 2 cups sifted flour
- 1/2 teaspoon ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon cloves

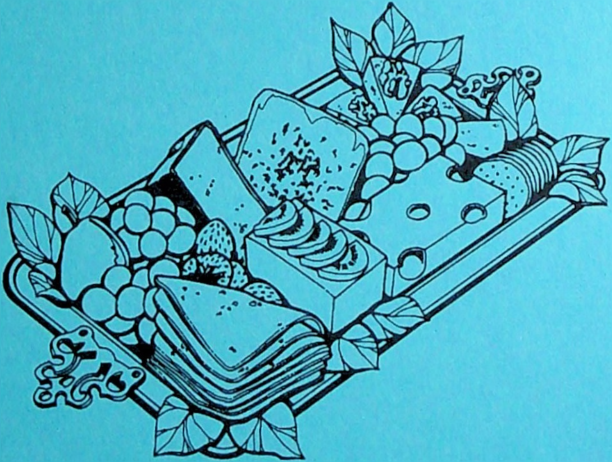
Cream shortening and sugar. Add eff and molasses. Beat well. Sift flour, soda and spices together and add to mixture. Chill. Form into 1 inch balls. Roll in granulated sugar and place on greased cookie sheet 2 inches apart. Bake at 350° for 8-10 minutes. DO NOT overbake.

CARROT COOKIES

Rosemary Cherry - Sliferette

3/4 cups mashed cooked carrots
3/4 cup shortening
1 cup sugar
1 egg
grated peel of 1 orange
2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
juice of 1/2 orange

Cream shortening, sugar and egg together. Add dry ingredients with orange peel and juice. (Raisins or nuts maybe added). Drop by teaspoonfull on slightly greased and floured cookie sheet. Bake at 400° till lightly browned. Take other 1/2 of orange and mix with powdered sugar to make icing. Put on cookies while hot.



Lite & Healthy

SUGAR-FREE PUMPKIN PIE

Debi Southard Rankin

9" pie crust (unbaked)
3/4 cup sugar substitute (Equal)
1/2 teaspoon salt
1 1/2 teaspoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground cloves
2 eggs
1 - 15 ounce can Libby Pumpkin
1 - 12 ounce can evaporated milk

Mix Equal, salt, cinnamon, ginger, and cloves in small bowl. Beat eggs slightly in large bowl. Stir in pumpkin, eggs and spice mixture. Gradually add evaporated milk. Pour into pie shell. Bake at 425° for 15 minutes then at 350° for 40-50 minutes or until knife inserted in center comes out clean.

"KITCHEN CUPBOARD SEASON SALT"

Anna Mae Brown - County Extension Agent,
Family & Consumer Sciences

2 tablespoons salt
1 tablespoon paprika
1 tablespoon celery salt
1 teaspoon sugar
1 teaspoon onion powder
1/2 teaspoon cayenne
1/2 teaspoon turmeric
1/2 teaspoon nutmeg
3 teaspoons garlic powder
1/2 teaspoon chili powder

You can avoid the preservatives and MSG found in commercial season salt with this simple 'kitchen cupboard" recipe. You may omit or adjust the amounts of any of the above seasonings according to your taste.

YOGURT CHEESE

Anna Mae Brown - County Extension Agent,
Family & Consumer Sciences

Use this as a substitute for cream cheese in spreads or in desserts and frosting. Use 32 ounces plain nonfat or low-fat yogurt made without stabilizers or gelatin. If you have cheesecloth, line the bottom and sides of a strainer with it. If you don't have cheesecloth, choose a fine-mesh strainer. Gently turn the yogurt out into the strainer. Cover with plastic wrap and refrigerate in an airtight container and let drip over a bowl for 12-24 hours. The yogurt cheese will become firmer as more liquid drips out.
Yield: 1 1/2 cups.
Nutrient Analysis: 1 tablespoon = 5 calories, 0 g fat and 0 mg cholesterol.

WHIPPED TOPPING

Anna Mae Brown - County Extension Agent,
Family & Consumer Sciences

1/2 cup ice water
1 tablespoon lemon juice
1/2 cup nonfat dry milk powder
1/2 cup granulated sugar

Mix ice water and dry milk. Whip with electric mixer until soft peaks form. Add lemon juice and continue to beat until the peaks are firm. Gently stir in the sugar. Refrigerate and use in a short while. It can be dropped in servings on an open tray and frozen until ready to use. For a creamy tint, add 1 to 2 drops of yellow food coloring. Makes about 3 cups. Nutrition information per cup whipped topping: 170 calories, .2 gm total fat, 4 mg cholesterol, 90 mg sodium.

CONDENSED MILK SUBSTITUTE

Anna Mae Brown - County Extension Agent,
Family & Consumer Sciences

1 1/2 cup nonfat dry milk powder
2/3 cup sugar
1/2 cup water
1 teaspoon vanilla

In 4-cup measure container, mix dry milk and water until smooth. Stir in remaining ingredients. Microwave at High 30 seconds to 1 1/2 minutes or until heated, but not boiling. Stir every 30 seconds. Substitute for 1 can (14-ounce) sweetened condensed milk. Makes 1 1/3 cups. Nutrition information for 1 ounce: 63 calories, 1% calories from fat, 40 mg sodium, less than 1 gram fat.

MOCK SOUR CREAM

Anna Mae Brown - County Extension Agent,
Family & Consumer Sciences

2 cups low-fat cottage cheese
1/4 cup skim milk
2 tablespoons lemon juice
salt to taste (optional)

Blend all ingredients in a blender jar until creamy, adjusting the amount of milk to produce the desired consistency. Yields 2 cups. Nutrition information for 1 cup mock sour cream: 220 calories, 4 gr total fat, 20 mg cholesterol.

DIABETIC ICING

American Diabetes Association

Powdered Sugar Replacement:

- 2 cups nonfat dry milk
- 2 cups cornstarch
- 1 cup granulated sugar replacement
  (equivalent to 1 cup sugar)

Combine in blender. Makes 4 cups. 1/4 cup of powdered sugar replacement is 1/2 nonfat milk exchange, 1/2 bread exchange, 81 calories

Frosting from Replacement:

- 1/4 cup soft solid shortening
- 1/2 teaspoon white vanilla
- 3/4 cup powdered sugar replacement
- 1 tablespoon milk

Cream and blend till smooth and stiff. Add more milk, if needed.

GUILT-FREE LEMON CHEESECAKE - Diabetic

Judy Hanson - Sliferette

1 graham cracker crust (lite)
1 package (3 ounce) lemon sugar-free jello
2/3 cup boiling water
1 cup low-fat cottage cheese
8 ounces Neufchatel cheese
2 cups lite whipped topping
1 cup lite cherry pie filling

In bowl, stir together gelatin and boiling water until dissolved. In food processor or blender combine gelatin mixture, cottage cheese and Neufchatel. Process until smooth. Pour into bowl; stir in whipped topping. Spread into pie crust. Chill until firm, about 4 hours. Just before serving gently spread pie filling in center. Makes 8 servings. 163 calories - 7 g protein - 10 g fat - 23 mg cholesterol - 14 g carbs - 276 mg sodium

CHERRY CHEESECAKE DELIGHT

Marilyn Bennett

Crust: 2 cups crushed fat-free graham crackers
3 tablespoons sugar
3-4 tablespoons liquid Butter Buds

Topping: Dream Whip (optional)
1 - 21 ounce can cherry pie filling

Filling: 8 ounce fat-free cream cheese
1/2 cup sugar (or 1/4 cup sugar + 3 packets Sweet & Low)
2 egg beaters
1 teaspoon lemon juice
1 teaspoon vanilla
3 tablespoons flour

Press the graham cracker mixture, after well blended, into 9 1/2 X 13 inch casserole dish sprayed with nonfat cooking spray. Beat all the filling ingredients together until smooth. Bake in 350° oven for 20-30 minutes. Insert knife in middle to see if it comes out clean. Cool. Spread cherry pie filling over top. Top with Dream Whip (optional). Serves 24.
0.01 grams of fat
0 mg cholesterol
82 calories

INSTANT PUMPKIN PIE - Diabetic

Tracy Nunnaller - Cherokee Homemakers

1 graham cracker shell or
    1 - 8" baked shell
1 small tub cool whip
1 small package instant sugar-free pudding mix
    (I use either vanilla or butterscotch)
2/3 cup cold milk
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1/4 teaspoon salt
1 cup cooked pumpkin
TOPPING
1 cup whipped topping
1 teaspoon vanilla extract

Bake pie shell or make graham cracker shell. For filling combine pudding mix and milk, beat well. Add rest of ingredients and mix well. Pour into crust. Chill for at least 2 hours. Combine topping and vanilla; dollop on individual slices or whole pie.

SWEET POTATO and APPLE SALAD

Sabrina Augustin - Walnut

1 1/2 pouns small sweet potatoes
1/4 cup plain non-fat yogurt
3 tablespoons non-fat mayonnaise
1 tablespoon fresh lime juice
3/4 teaspoon grated lime zest
1/4 teaspoon salt
1/4 teaspoon black pepper

1 large tart apple, unpeeled
2 stalks celery
1/3 cup chopped walnuts

Cut a few slits in each weet potato as steam vents. Place potatoes on baking sheet and bake for 30 minutes or until tender in a 400° oven. In large serving bowl, combine the yogurt, mayonnaise, lime juice, lime zest, salt and pepper. Coarsely chop apple, add it to the dressing and toss to coat. Add the celery and walnuts and stir to combine. When potatoes cool enough to handle but still warm, peel and cut them into bite size pieces. Add warm potatoes to the serving bowl and toss to coat with dressing. Serve the salad at room temperature. Serves 4.

APPLESAUCE BARS

Melba Taylor - Social Friends

1 cup raisins
1/2 cup water
1/2 cup oleo
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 cup flour
1 egg, lightly beaten
3/4 cup applesauce
1 tablespoon sugar substitute
1 teaspoon soda
1/4 teaspoon vanilla

Cook raisins, water and oleo 3 minutes. Add remaining ingredients. Spread into sprayed 8 inch pan. Bake in 350° oven for 25-30 minutes.

NO BAKE COOKIES FOR DIABETICS

Melba Taylor - Social Friends

24 packets Equal
1/4 cup margarine
1/2 cup skim milk
2 tablespoons cocoa powder
1/2 cup peanut butter
2 1/2 cups rolled oats
1/2 teaspoon vanilla extract

Place margarine, milk and cocoa together in 2 quart saucepan. Heat until liquid boils, stirring constantly. Remove from heat and stir in peanut butter, Equal and oats. Stir in vanilla. Make in small balls and flatten. Chill in freezer. Makes 25 cookies. Will last in freezer for days. Very good.

CHOCOLATE BANANA PUDDING

Sabrina Augustin - Walnut

2 tablespoons sugar
1/2 ounce semi sweet chocolate
2 ripe bananas, peeled
1 1/2 cup plain lowfat yogurt

In small saucepan, heat sugar, chocolate and 1 tablespoon water over very low heat, stirring constantly until chocolate is melted; remove the pan from heat and set aside. Puree bananas in a food processor or blender. Add yogurt and chocolate mixture and process 5-10 seconds, scraping down the sides of the container with a rubber spatula. Divide the mixture among 4 dessert dishes and refrigerate 2-3 hours, or until well chilled. Serves 4.

POTATO CUCUMBER and BELL PEPPER SALAD

Sabrina Augustin - Walnut

- 1 pound small red potatoes
- 1 small cucumber
- 1 red bell pepper
- 2 garlic cloves, peeled
- 1 cup lowfat buttermilk
- 2 tablespoons lowfat sour cream
- 2 tablespoons coarsely chopped red onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon chopped fresh parsley (optional)

Bring a large pot of water to a boil. Scrub the potatoes. Cut into 1-inch cubes and boil 15 minutes or until tender. Peel, seed and dice the cucumber. Seed bell pepper and cut into 1-inch squares. Bring a medium size sauce pan of water to a boil. Blanch cucumber 1 minute; remove with slotted spoon and cool under cold water. Blanch bell pepper in same water 2 minutes; remove and cool. Blanch garlic 4 minutes; drain and set aside. Drain potatoes; set aside. For dressing place 1/3 cup of potatoes and 1/3 cup buttermilk in food processor or blender, add garlic and process until pureed. Stir in sour cream and buttermilk. In large bowl combine remaining potatoes, cucumber, bell pepper and onion. Add dressing, salt and pepper and toss gently to combine. Sprinkle salad with parsley and serve. Serves 4.

Micsellaneous

Micsellaneous

HOW TO PLANT HAPPINESS

FIRST: Plant 5 rows of peas: Perserverance, Presence, Preparation, Promptness, Purity

SECOND: Plant 3 rows of squash: Squash gossip, Squash criticism, Squash indifference

THIRD: Plant 4 rows of lettuce: Let us be faithful to duty
Let us be unselfish and loyal
Let us be true to our own obligations
Let us love one another

LASTLY: Plant turnips: Turn up for important meetings
Turn up with a smile
Turn up with determination to make everything count
for something good and worthwhile

MICROWAVE CARMEL CORN

Evelyn Sevart - Walnut

4 quarts popped corn
1 1/2 cup peanuts or pecans

Place in large brown paper bag. Set aside.

Syrup:
- 1 cup packed brown sugar
- 1 stick butter or oleo
- 1/4 cup maple syrup
- 1/2 teaspoon baking soda

Combine sugar, butter and syrup in 2 quart glass bowl. Microwave on high 4 minutes, stirring after each minute. Microwave 2 minutes more. Stir in baking soda. Pour over popped corn and peanuts in bag. Close bag and shake well. Microwave on high for 1 1/2 minutes. Shake bag again. Microwave again for 1 1/2 minutes on high. Shake bag and pour carmelized popcorn into a large pan. Cool and stir to separate carmel corn.

Better make 2 batches as it doesn't last long!

BEST-EVER BREAD and BUTTER PICKLES

Anna Mae Brown, County Extension Agent, Family and Consumer Sciences

4 quarts sliced cucumbers
1/2 cup salt
2 quarts sliced onions
1 quart vinegar
4 cups sugar
1 tablespoon celery seeds
2 tablespoons mustard seeds
1 tablespoon ground ginger
1 teaspoon tumeric
1/2 teaspoon white pepper

Gently stir salt into thinly sliced cucumbers. Cover with ice cubes; let stand 2 or 3 hours or until cucumbers are crisp and cold. Add more ice if it melts. Drain; add onions.
Mix remaining ingredients; bring quickly to a boil, boil 10 minutes. Add cucumber and onion slices and bring to boiling point. Pack loosely at once in hot jars; adjust lids. Process in boiling water bath (212°) 15 minutes. Makes 8 pints.

ZUCCHINI RELISH

Noralee Chadd - Cherokee Homemakers

- 10 cups zucchini, seeded
- 4 cups onions
- 1/2 cup pickling salt
- 2 1/4 cups cider vinegar
- 6 cups sugar
- 1 tablespoon nutmeg
- 1 tablespoon turmeric
- 2 tablespoons cornstarch
- 2 tablespoons celery seed
- 1/2 teaspoon pepper

Grind zucchini and onion. (May use food processor); add salt. Let stand overnight. Drain and rinse in cold water and drain again. Be sure all water is off or relish will be thin. Add remaining ingredients; cook 30 minutes. Stir often while cooking to prevent scorching. Seal in hot jars. Red or green peppers may be added for color.

FRUIT BALLS

Sharon Giacometti - Sliferette

1/3 cup sugar
1 tablespoon flour
1/2 cup pineapple juice
1/4 cup orange juice
1 1/2 tablespoons lemon juice
1 egg beaten
1/2 cup whipping cream
3 cups watermelon
3 cups cantalope
3 cups honeydew melon

Combine sugar and flour in saucepan. Stir in fruit juice and egg. Cook over medium heat, stirring constantly till thick and smooth. Cool. Beat whipping cream till slightly thickened and fold into mixture. Cool.

PICKLED BEETS

Anna Mae Brown - County Extension Agent
Family and Consumer Sciences

- 4 cups sugar
- 2 cups water
- 2 cups vinegar
- 2 teaspoons ground cloves
- 2 teaspoons ground allspice
- 2 tablespoons ground cinnamon
- 5 pounds beets, cooked and sliced

Mix well until sugar and spices are dissolved. Pour over 5 pounds of cooked. sliced beets. Bring mixture to a boil. Reduce heat, simmer 5 minutes. Hot pack jars leaving 1/2 inch head space. Process 30 minutes in a hot water bath.

BREAD and BUTTER PICKLES

Velda Lehman - Sliferette

- 1 medium sliced onion
- sliced cucumber to fill jar
- 1 1/3 sugar
- 2/3 teaspoon tumeric
- 2/3 teaspoon ground mustard
- 2 teaspoons salt
- 1 1/3 cups vinegar
- 2/3 teaspoon celery seed

Mix all ingredients together and pour over onions and cucumbers. Refrigerate 2 days before eating.

SPICE OF LIFE

Mildred Colles - Pleasant Prairie

1 teaspoon garlic powder granules
1 teaspoon ground basil
1 teaspoon ground thyme
1 teaspoon ground parsley
1 teaspoon onion powder granules
1 teaspoon black pepper
1 teaspoon ground sage
1 teaspoon nutmeg
1/2 teaspoon ceyenne (red) pepper

Combine all of the above ingredients and fine grind in blender or with mortar and pestle. Use this combination instead of salt in the shaker. A little goes a long-long way. Yield approximately 1/4 cup. Customers who cannot have salt in their diets will surely love this combination. Food will taste good again.

LONG JOHN SILVERS FISH BATTER

Kathy O'Toole - Walnut

3/4 cup flour
1/4 cup cornstarch
1/3 teaspoon baking powder
1/4 teaspoon baking soda
1 egg
3/4 cup water or beer

Beat the egg and add water (or beer). Combine all dry ingredients and mix together. Add dry ingredients to liquid. Mix well. Dip fish into batter and deep fry for 5 minutes or until done.

MICROWAVE POLENTA

Terry Nunnallee - Cherokee Homemakers

3 cups water
1 cup yellow cornmeal
1 teaspoon salt
1 cup cold water
3/4 cup instant potato flakes (optional)
2 tablespoons oleo or butter

Place 3 cups water in 2 quart microwave safe dish with cover. Bring to a boil in microwave. Mix yellow cornmeal, salt and 1 cup cold water. Pour into the boiling water and stir. Microwave 5 minutes. Stir good and microwave 2 minutes or until thick. Add oleo or butter and stir. Cheese may be added if desired. Serve with tomato sauce and small links of sausage.

RED APPLES

Harriett Kern - Social Friends

6 Jonathan apples
1 cup sugar
1 cup boiling water
1/3 cup cinnamon (red hots) candy

Peel, half and core apples. Place in large skillet. Sprinkle "red hots" and sugar over apples. Pour boiling water on top and cook until tender, turning apples carefully. Place apples in dish. Boil liquid another minute and pour over apples. Chill.

DOSA

Lela Holden - Cherokee Homemakers

3 cups milk
1 cup cream of wheat
1/4 teaspoon salt
3/4 cup sugar
1 grated lemon rine

In 2 quart saucepan combine milk and sugar. Cook slowly. Add grated lemon rine and 1 cup cream of wheat. Boil together until it thickens. Pour in oiled glass pie pan. Cool. Cut into 2 inch squares. Roll in well beaten egg and cracker crumbs. Fry brown on both sides. Use butter to fry Dosa. Very good. Use as side dish with any meal.

SCALLOP PINEAPPLE
Martha Price - Extension Service Staff

4 to 6 slices bread, cubed
1 medium can drained cube pineapple
2 eggs, beaten
scant cup sugar
pinch salt
2 tablespoons lemon juice
1/4 cup milk
1 stick oleo

Mix bread and pineapple together. Mix remaining ingredients separately. Mix togther. Bake in 350° oven for 30 minutes.

DATE PUDDING
Jennine Marrone - Renassiance

1 1/2 cups brown sugar
1 1/2 cups hot water
1 cup white sugar
1 cup dates
1 teaspoon baking powder
pinch of salt
1 cut nut meats
1 cup flour
1 cup milk
1 teaspoon vanilla

Add sugar to water and boil. Pour into pan and add other ingredients. Bake in 350° oven for 30 minutes or until done.

ZUCCHINI MARMALADE

Noralee Chadd - Cherokee Homemakers

3 cups zucchini, shredded
3 cups sugar
small can crushed pineapple
or 1 cup shredded carrots
1 package - 3 ounce - apricot Jello
or 1 package strawberry Jello

Mix first 3 ingredients together and cook for 12 minutes. Remove from heat and add 1 - 3 ounce package of Jello. Pour into hot sterilized jars. Makes 2 1/2 pints.
Recipe can be doubled and the cooking time is 24 minutes. Different flavored Jello can be used instead of apricot.

FROZEN CUCUMBERS

Arlene Shaw - Pleasant Prairie

2 quarts sliced cucumbers
1 onion, sliced
2 tablespoons salt
1 1/2 cup sugar
1/2 cup vinegar

Soak cucumbers and onions in water with 2 tablespoons salt for 2 hours. Drain
Heat to boil the sugar and vinegar. Set aside to cool.
Put all in container and freeze. I use plastic bags.

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